

ME and JACK

拍數: 48 牆數: 4 級數: Improver
編舞者: Cathy Snow (USA) - August 2019
音樂: Me and Jack - Jon Pardi : (Album: Heartache Medication)



Intro: 16 counts (one easy tag)

[1-8] RIGHT KICK & POINT LEFT, LEFT KICK & POINT RIGHT. RIGHT SAILOR, LEFT SAILOR

1&2 Kick right forward, step on right, point left to side left
3&4 Kick left forward, step on left, point right to side right
5&6 Step right behind left, step left to side, step right to side
7&8 Step left behind right, step right to side, step left to side

[9-16] STRAIGHT STEPS FORWARD and BACK*

1-2 Touch right toe forward; step right next to left
3-4 Touch left toe behind, step left next to right
5-6 Touch right toe forward, step right next to left
7-8 Touch left toe behind, step left next to right

[17-24] RIGHT TOE TAP 2X, MODIFIED SAILOR

1-2 Touch right toe to right side and touch twice
3&4 Step right behind left, step left to left side, step right to right side
5-6 Touch left toe to left side and touch twice
7&8 Step left behind right, step right to right side, step left to left side

[25-32] RIGHT STEP LOCK, SHUFFLE; LEFT STEP LOCK, SHUFFLE

1-2 Step right forward, step left behind right
3&4 Shuffle forward right-left-right
5-6 Step left forward, step right behind left
7&8 Shuffle forward left-right-left

[33-40] ¼ RIGHT MONTEREY TURN; JAZZ BOX

1-2 Touch right side, turn ¼ right and step right together
3-4 Touch left side, step left together
5-6 Cross right over left; step back left
7-8 Step right side; step left forward

[41-48] LINDY RIGHT, LINDY LEFT

1&2 Step side right, step left next to right
3&4 Rock back on left, recover weight on right
5&6 Step side left, step right next to left
7&8 Rock back on right, recover weight on left

Tag: 6:00 wall first time only after steps [41-48]

***Step right, touch left next to right, step left, step right next to left, then restart dance

I end dance after vocals (sounds like music is ending), but you can continue dancing into instrumental section....your choice

*Optional: [17-24] CHARLESTON STEPS

Questions/Feedback: mrsno@email.com

* I do not own rights to this music.

