

Jack Is Back

拍數: 80 牆數: 1 級數: Intermediate
編舞者: Tina Wahono (INA), NanaPace (INA), Dewi Abri (INA), Palupi Noya (INA) &
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音樂: Jack Is Back - The Clan



*Intro Music 16cts , Bridge happens only 1 time on wall 3

INTRO DANCE (16 cts)

KICK BALL CROSS R (2X) , SIDE ROCK STEP WITH SHIMMY

1&2 3&4 Kick R diag fwd – step on R – cross L over R, Kick R diag fwd – step on R – cross L over R
5 – 8 Rock R to side – close R beside L – rock L to side – close L beside R (with shimmy)

KICK BALL CROSS L (2X) , SIDE ROCK STEP WITH SHIMMY

1&2 3&4 Kick L diag fwd – step on L – cross R over L, Kick L diag fwd – step on L – cross R over L
5 – 8 Rock L to side – close L beside R – rock R to side – close R beside L (with shimmy)

MAIN DANCE (80 cts)

(I) SIDE TOUCH, STEP, HEEL FWD, FLICK, HEEL FWD , SIDE TOUCH & HITCH, VINE TO LEFT

1&2 3 4 Touch R to side – step R beside L – L heel forward , step on L whilst flick R back – R heel forward
5&6 7&8 Touch R to side – hitch R knee – touch R to side, R behind L – L to side – cross R over L

(II) SIDE TOUCH, STEP, HEEL FWD, FLICK, HEEL FWD , SIDE TOUCH & HITCH, VINE TO RIGHT

1&2 3 4 Touch L to side – step L beside R – R heel forward , step on R whilst flick L back – L heel forward
5&6 7&8 Touch L to side – hitch L knee – touch L to side, L behind R – R to side – cross L over R

(III) FORWARD SHUFFLE , ½ RIGHT , BACK SHUFFLE , HIP BUMPS, FORWARD SHUFFLE

1 & 2 Forward shuffle on R – L – R
3 & 4 Turn ½ right, back shuffle on L – R – L(6.00)
5 & 6 Step R back and bump hips to back – forward – back
7 & 8 Forward shuffle on L – R – L

(IV) FORWARD DIAGONAL STEP TOUCHES , MONTEREY STEPS

1 & 2 & R diag fwd – touch L beside R – L diag fwd – touch R beside L
3 & 4 & R diag fwd – touch L beside R – L diag fwd – touch R beside L
5 & 6 & Touch R to side – turn ¼ right step R beside L – touch L to side – step L beside R
.....(9.00)
7 & 8 & Touch R to side – turn ¼ right step R beside L – touch L to side – step L beside R
.....(12.00)

(V) WALK FORWARD , HEEL SWITCHES , HEEL TWISTS

1&2 3&4 Walk forward on R – L – R , Walk forward on L – R – L
5&6& R heel fwd – R beside L – L heel fwd – L beside R
7&8& Twist both heels to right – left – right – left

(VI) WALK BACKWARD , HEEL SWITCHES , HEEL TWISTS

1&2 3&4 Walk back on L – R – L , Walk back on R – L – R
5&6& L heel fwd – L beside R – R heel fwd – R beside L
7&8& Twist both heels to left – right – left – right

(VII) CHARLESTON STEPS , ½ RIGHT TURN , BACK

1&2& Touch R fwd – swing R to back – step R back – swing L to back

3&4& Touch L back – swing L to front – step L fwd – swing R to front
5 – 6 Step R fwd – turn ½ right step L back(6.00)
&7&8 Swing R to back – step R back – swing L to back – step L back

(VIII) DIAGONAL FORWARD SHUFFLE , FORWARD MAMBO , TOUCH BEHIND, TURN ½ LEFT

1 & 2 Step R diag fwd – lock L behind R – R diag fwd
3 & 4 Step L diag fwd – lock R behind L – L diag fwd
5 & 6 Rock R fwd – recover on L – step R slightly back
7 – 8 Touch L behind R – turn ½ left weight on L.....(12.00)

(IX) REPEAT VII – (CHARLESTON STEPS , ½ RIGHT TURN , BACK)

(X) REPEAT VIII – (DIAGONAL FORWARD SHUFFLE , FORWARD MAMBO , TOUCH BEHIND, TURN ½ LEFT)

***Bridge on wall 3, dance the first part I & II, then do the bridge, CONTINUE DANCE FROM PART V !!!**

1&2& Touch R back – step on R – touch L back – step on L
3&4 Brush R fwd – step R to side – step L to side
5&6& Swivel R heel in – swivel to centre – swivel L heel in – swivel to centre
7&8 Swivel both heels in – swivel both balls in – swivel both heels in

Have fun !!!

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