

My Friend Named Jack

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Pam Wingo (USA) - January 2021
音樂: Wine, Beer, Whiskey - Little Big Town



(Dance Rotates Clockwise)

(1-8): Stomp, hold (optional clap on hold) to R, step L next to R, Stomp forward on R w/hold (option clap on hold), repeat to L

1-2 Stomp R foot forward at diagonal, hold (clap optional)
& 3-4 Step L foot next to right, stomp R foot forward, hold (clap optional)
5-6 Stomp L foot forward at diagonal, hold (clap optional)
&7-8 Step R foot next to left, stomp L foot forward, hold (clap optional)

(9-16): Cross rock, chasse/shuffle to R, repeat to L

1-2 Cross R foot over L, replace weight to L
3&4 Step to R, bring L next to R, step R to right
5-6 Cross L over R, replace weight to R
7&8 Step to L, bring R next to L, step L to left

*****RESTART HERE ON WALL 5; FACING 12:00*****

(17-24): Rock forward w/1/2 turn shuffle, rock forward with ¼ turn shuffle

1-2 Rock forward on R, recover weight to L
3&4 Make ½ turn with R (facing 6:00) step L foot next to R, step R foot forward
5-6 Rock forward on L, recover weight to R
7&8 Make ¼ turn with L (facing 3:00) step R next to L(&), step L foot to side

(25-32) Step Lock Step w/shuffle forward to R, repeat on L

1-2 Step R foot forward at diagonal, slide L foot behind R
3&4 Step forward on R, bring L foot next to R, step forward on R
5-6 Step forward on L at diagonal, slide R foot behind L
7&8 Step forward on L, bring R foot next to L, step forward on L

(33-40) Rock step with ½ turn shuffle, step pivot, with shuffle forward

1-2 Rock forward on R, replace weight to L
3&4 Make ½ turn with R foot, bring L next to R, step forward on R (facing 9:00)
5-6 Step forward on L making ½ turn pivot weight transferring to R (over R shoulder) facing back to 3:00
7&8 Step L foot forward, bring R foot next to L, step forward on L

(41-48) Heel grinds with coaster step

1-2 Step R foot forward with toes to left and rotate heel from L to R (weight is on heel, toes up)
3&4 Step back on R, bring L foot next to R, step forward on R
5-6 Step L foot forward with toes to R and rotate heel from R to L (weight is on heel, toes up)
7&8 Step back on L, bring R foot next to L, step forward on L

****EASY RESTART: On wall 5, facing 12:00, do the first 2 sets/16 counts and restart facing 12:00.**

Any questions, feel free to contact me at: pamdances@icloud.com