

Jack My Style

COPPERKNOB
STEPSHEETS

拍數: 56 牆數: 4 級數: Advanced
編舞者: Jennifer Workman (USA) - 2012
音樂: Shake Senora (feat. T-Pain & Sean Paul) - Pitbull



INTRO: 48 count intro (Begin dance when beat drops at 0:23 seconds)

[1-8] FAN, FAN, TOES-HEELS-HEELS-TOES, SINGLE APPLEJACKS

- 1 & 2 & Fan R toe to right side, return R toe to center, fan L toe to left side, return L toe to center
- 3 & 4 & Fan BOTH toes out, fan BOTH heels out, fan BOTH heels in, fan BOTH toes in
- 5 & Fan L toe and R heel to left side, return L toe and R heel to center
- 6 & Fan R toe and L heel to right side, return R toe and L heel to center
- 7 & Fan L toe and R heel to left side, return L toe and R heel to center
- 8 Fan R toe and L heel to right side

[9-16] SHUFFLE, SHUFFLE, BACK STEP, COASTER STEP

- 1 & 2 Step forward L, step together with R, step forward L
- 3 & 4 Step forward R, step together with L, step forward R
- 5 - 6 Step back L, step back R
- 7 & 8 Step back L, step R next to L, step forward L

[17-24] FULL PIVOT TURN L W/POINTS, ¾ PIVOT TURN R W/POINTS

- 1 - 2 Pivot ¼ turn L, pointing R foot out to R side, pivot ¼ turn L, pointing R foot out to R side
- 3 - 4 Pivot ¼ turn L, pointing R foot out to R side, pivot ¼ turn L, stepping R foot out in front
- 5 - 6 Pivot ¼ turn R, pointing L foot out to L side, pivot ¼ turn R, pointing L foot out to L side
- 7 - 8 Pivot ¼ turn R, pointing L foot out to L side, step forward L

[25-32] TOUCH, TOUCH, SWIVEL FOOT, WALK, WALK, SWIVEL FOOT

- 1 - 2 Touch R foot forward, touch R foot back
- 3 & 4 Touch forward R, swivel heel R, step down R
- 5 - 6 Walk forward L, walk forward R
- 7 & 8 Touch forward L, swivel heel L, swivel heel R

[33-40] TRAVELING BACK SWEEPS, HIPS BUMPS X 4

- 1 & Sweep L foot back to L side, step down L foot in center
- 2 & Sweep R foot back to R side, step down R foot in center
- 3 & Sweep L foot back to L side, step down L foot in center
- 4 Step out R foot to R side
- 5 - 8 Hip bump R 4 times

[41-48] TRAVELING CROSS HALF TURNS

- & 1 - 2 Transfer weight to L foot, cross R foot over L foot, half turn L (transferring weight to R foot)
- 3 - 4 Cross L foot over R foot, half turn R (transferring weight to L foot)
- 5 - 6 Cross R foot over L foot, half turn L (transferring weight to R foot)
- 7 - 8 Cross L foot over R foot, half turn R (transferring weight to L foot)

[49-56] CROSS HALF TURN, HIP BUMP, HOPS

- 1 - 2 Cross R foot over L foot, half turn L (transferring weight to R foot)
- 3 - 4 Hip bump R, hip bump L
- 5 - 8 Hop forward with both feet together

BEGIN AGAIN

**** This dance is works to a variety of songs****
