

My Friend Jack

拍數: 80 牆數: 4 級數: Intermediate
編舞者: Peter Giam (SG)
音樂: My Friend Jack - Boney M.



POINT RIGHT, TOGETHER, POINT RIGHT, SLAP RIGHT, SIDE ROCK, ROCK BACK FORWARD

- 1-4 Touch right toe to right side, touch right toe to left instep, touch right toe to right side, bring right foot up behind left leg & slap it with left hand
5-6-7&8 Rock right foot to right side, recover weight on left foot, right foot rock back, left foot step in place, right foot step forward

POINT LEFT, TOGETHER, POINT LEFT, SLAP LEFT, SIDE ROCK, ROCK BACK FORWARD

- 1-4 Touch left toe to left side, touch left toe to right instep, touch left toe to left side, bring left foot up behind right leg & slap it with right hand
5-6-7&8 Rock left foot to left side, recover weight on right foot, left foot rock back, right foot step in place, left foot step forward

SHUFFLE ROCK BACK, SHUFFLE ¼ TURN LEFT, SHUFFLE

- 1&2-3-4 Shuffle to right on right left right, rock back on left, rock weight forward onto right
5&6-7&8 Shuffle on left right left making ¼ turn to left, shuffle to right on right left right

VINE LEFT, KNEE & HIP CIRCLE

- 1-4 Step left to left side, step right behind left, step left to left side, cross right in front of left
5-8 Touch left toe forward, circle knee & hip to the left twice

KICK BALL CHANGE TWICE, SHUFFLE ¼ TURN LEFT, SHUFFLE

- 1&2 Kick forward with left foot, rock back with ball of left foot, recover weight forward to right foot
3&4 Kick forward with left foot, rock back with ball of left foot, recover weight forward to right foot
5&6-7&8 Shuffle on left right left making ¼ turn to left, shuffle to right on right left right

POINT FRONT, SIDE, SAILOR STEP TWICE

- 1-2-3&4 Point left toe to front, side, cross left behind right, step right to right, step left to left
5-6-7&8 Point right toe to front, side, cross right behind left, step left to left, step right to right

KICKS SHUFFLES TWICE

- 1-2-3&4 Kick left foot forward twice, left forward shuffle
5-6-7&8 Kick right foot forward twice, right forward shuffle

PIVOT ½ RIGHT, SHUFFLE, PIVOT ½ LEFT, SHUFFLE

- 1-2-3&4 Step left foot forward making ½ turn to right, step forward left right left
5-6-7&8 Step right foot forward making ½ turn to left, step forward right left right

VINE LEFT, SHUFFLE ¼ TURN LEFT, PIVOT ½ TURN LEFT, SHUFFLE

- 1-2-3&4 Step left to left, cross right behind left, step left to left making ¼ turn to left, step forward right left
5-6-7&8 Step right forward making ½ turn to left, step forward right left right

FORWARD CROSS TOUCHES, IN IN STOMP CLAP

- 1-4 Cross left foot in front right foot, touch right toe to right side, cross right foot in front left foot, touch left toe to left side
5-8 Step left foot in place, step right foot beside left, stomp left foot & clap hands

REPEAT

TAG

At the end of wall 3, you need to add 4 counts

1&2 Jump forward on right, left, clap

3&4 Jump backward on right, left, clap
