

Jack's Back

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Pat Stott (UK) & Mike Cwykla (UK)
音樂: Jack Is Back - Diamond Jack



SECTION 1

TOE, KICK, CROSS, BACK, BACK, HOLD, CROSS, HOLD. REPEAT

- 1-2 Touch right toe next to left instep bending left knee and twisting to left diagonal, straighten knee and kick right foot towards right diagonal
- 3-4 Cross right over left, step back on left
- 5-8 Step back on right, hold, cross left over right, hold
- 9-16 Repeat steps 1-8

SIDE STRUT, ROCK, RECOVER, SIDE STRUT, ROCK, RECOVER, ½ TURN, LOWER HEEL, ROCK RECOVER, FULL TURN, STEP, HOLD

- 17-20 Place right toe to right, lower heel, rock back on left, recover on right
- 21-24 Place left toe to left, lower heel, rock back on right, recover on left
- 25-28 Step forward on ball of right and turn ½ to left, lower heel, rock back on left, recover on right
- 29-30 Step forward on left pivoting ¼ to right, pivot ½ to right and step right to right
- 31-32 Turn ¼ to right and step forward on left, hold
- 33-48 Repeat steps 1-16
- 49-64 Repeat steps 17-32

SECTION 2

WALK BACK, HOLD, BACK, HOLD, BACK, BACK, BACK, HOLD, HEEL STRUT, HEEL STRUT, STEP, PIVOT ½ TURN RIGHT, STEP, HOLD, WALK BACK, HOLD, BACK, HOLD, BACK, BACK, BACK, HOLD, HEEL STRUT, HEEL STRUT, STEP, ¼ TURN, CROSS, HOLD

- 1-4 Walk back on right, hold, walk back on left, hold
- 5-8 Walk back - right, left, right, hold
- 9-12 Left heel forward, lower toe, right heel forward, lower toe
- 13-16 Step forward on left, turn ½ to right, step forward on left, hold
- 17-28 Repeat steps 1-12 of Section 2
- 29-32 Step forward on left, turn ¼ to right transferring weight to right, cross left over right, hold

SECTION 3

WEAVE TO RIGHT, HOLD, TOUCH BEHIND, HOLD, WEAVE TO LEFT, HOLD, TOUCH BEHIND, HOLD, FORWARD, TOGETHER, FORWARD, TURN & HITCH, BACK, TOGETHER, BACK, HOLD, ROCK, RECOVER, STEP, FULL TURN, SHUFFLE FORWARD, HOLD

- 1-6 Step right to right, cross left behind right, step right to right, cross left over right, step right to right, hold
- 7-8 Touch left touch behind right and swing both arms round to the left to finish to right side and shout "who", hold
- 9-16 Repeat steps 1-8 traveling to left (swing arms to the right and finish arms to left side on step 7-8)
- 17-20 Step forward on right, close left to right, step forward on right, pivot ½ to right and hitch left knee
- 21-24 Step back on left, close right to left, step back on left, hold
- 25-28 Rock back on right, recover on left, step forward on right, pivot full turn left (weight on right)
- 29-32 Step forward on left, close right to left, step forward on left, hold
- 33-48 Repeat steps 1-16 of Section 3
- 49-52 Step forward on right, close left to right, step forward on right, scuff left heel
- 53-56 Step forward on left, close right to left, step forward on left, scuff right heel

57-60 Rock forward on right, recover on left, step back on right, hold
61-64 Touch left toe back, hold, turn ½ turn left and transfer weight to left, hold

REPEAT

Easier steps to replace 29-32 of section 1

29-32 Step forward on left, close right to left, step forward on left, hold
