

Jack's Back

拍數: 0 牆數: 0 級數:
編舞者: Robbie Halvorson (USA)
音樂: Jack Is Back - Diamond Jack



Sequence: AAA B AAA B AAA B

PART A

CHARLESTON KICK WITH HOLDS

1-2 Kick right forward, hold
3-4 Step right beside left, hold
5-6 Touch left toe back, hold
7-8 Step left beside right, hold

HEEL, HOLD, HOOK, HOLD, STEP FORWARD, HOLD, ¼ TURN, HOLD

1-2 Touch right heel forward, hold
3-4 Hook right heel across left shin, hold
5-6 Step right foot slightly forward, hold
7-8 Pivot ¼ turn left, hold (weight on right foot)

MODIFIED CHARLESTON KICK WITH HOLDS

1-2 Step left back, hold
3-4 Touch right toe back, hold
5-6 Step right beside left, hold
7-8 Kick left forward, hold

ROLLING FULL TURN BACKWARD, HOLD, COASTER STEP, HOLD

1-2 Make a ½ turn left stepping left back, hold
3-4 Make a ½ turn left stepping forward on right, hold
5-6 Step back left, step right beside left
7-8 Step forward left, hold

PART B

EXTENDED WEAVE LEFT, HITCH

1-4 Cross right over left, step left to left side, cross right behind left, step left to left side
5-6 Cross right over left, hitch left knee

EXTENDED WEAVE RIGHT, HITCH

1-4 Cross left over right, step right to right side, cross left behind right, step right to right side
5-6 Cross left over right, hitch right knee

PIVOT ½ TURN, STEP FORWARD, HOLD, JUMP FEET APART, FLICK

1-2 Step forward right, pivot ½ turn left
3-4 Step right forward, hold
5-6 Make a ¼ turn left by jumping feet apart, flick right heel back

SLOW SHUFFLE FORWARD, FULL TURN RIGHT

1-3 Step forward right, close left beside right, step forward right
4 Hold
5-8 Make a full turn right stepping left, right, left, right

EXTENDED WEAVE RIGHT, HITCH

1-4 Cross left over right, step right to right side, cross left behind right, step right to right side
5-6 Cross left over right, hitch right knee

EXTENDED WEAVE LEFT, HITCH

1-4 Cross right over left, step left to left side, cross right behind left, step left to left side
5-6 Cross right over left, hitch left knee

PIVOT ½ TURN, STEP FORWARD, HOLD, JUMP FEET APART, FLICK

1-2 Step forward left, pivot ½ turn right
3-4 Step left forward, hold
5-6 Make a ¼ turn left by jumping feet apart, flick right heel back

SLOW SHUFFLE FORWARD, FULL TURN RIGHT

1-3 Step forward right, close left beside right, step forward right
4 Hold
5-7 Make a full turn right stepping left, right, left
8 Hold
