

Jacked Up

拍數: 0 牆數: 0 級數:
編舞者: Benjamin Smart (AUS)
音樂: All Jacked Up - Gretchen Wilson



Sequence: AB, TAG, AB AA BA A(1-56) A

PART A

STEP KICK, SAILOR TWICE, BACK STEP

1-2 Step right to right side: kick left foot diagonally to left side
3&4 Step left behind right: step right slightly to right side: step to left side
5&6 Step right behind left: step slightly to left side: replace right to right side
7-8 Step back on left: replace right foot forward

SHUFFLE STEP, HALF TURN, SHUFFLE, KICKBALL CHANGE

1&2 Step left foot forward: step right next to left: step left foot forward
3-4 Step right foot forward: pivot half turn left, stepping left foot forward
5&6 Step right foot forward: step left next to right: step right foot forward
7&8 Kick left foot forward: step back on left foot: replace on right

CROSS, HOLD, TAP, HOLD, STEP BACK, HOLD, TAP, HOLD

1-2 Cross left over right: hold
3-4 Tap right to right side: hold
5-6 Step right behind left: hold
7-8 Tap left to left side: hold

BOX STEP WITH ¼ TURN LEFT

1-2 Cross left over right: hold
3-4 Turn ¼ turn left and step back on right: hold
5-6 Step left to left side: hold
7-8 Tap right next to left: hold

SHUFFLE ROCK BACK STEP TWICE

1&2 Step right to right side: place left next to right: step right to right side
3-4 Rock left foot back: replace weight to right
5&6 Step left to left side: step right next to left: step left to left side
7-8 Rock right foot back: replace weight to left

2 STEP ½ TURN PIVOTS, KICK, HITCH, KICK, SCUFF

1-2 Step right foot forward: pivot ½ turn left weight on left
3-4 Repeat counts 1-2
5-8 Scuff right foot forward: cross right over left: scuff right foot forward: scuff right foot back

OUT, OUT, IN, IN

1-2 Step right out diagonally right: hold
3-4 Step left out diagonally left: hold
5-6 Step right foot back: hold
7-8 Step left foot next to right: hold

FULL TURN, BODY ROLL

1-3 Turn a full turn with weight on left
4 Finish with weight on right

- 5-7 Body roll (can be done front or side body roll)
8 Finish with weight on right

PART B

KICKS, SAILOR, DOUBLE KICK, LEFT SAILOR

- 1-2 Cross left over right: kick right next left
3&4 Cross right behind left: step left to left side: cross right over left
5-6 Kick left foot twice next to right
7&8 Step left behind right: step right to right side: step left to left side

TWIST STEP WITH ½ TURN

- 1-2 Step right foot diagonally right with toe turned out: hold
3-4 Turn ¼ turn left and step left foot forward with toe turned out: hold
5-8 Turning a ¼ turn left, step right, left, right

This step should look like you are twisting on the spot, while turning left, arms are held out to sides fingers splayed and shimmied like a jazz movement

STEP DRAGS X 4

- 1-2 Step right foot back: drag left next to right
3-4 Step left foot back: drag right next to left
5-6 Step right foot back: drag left next to right
7-8 Step left foot back: tap right next to left

MONTEREY, ¼ TURN TWICE WITH ROLLING VINE

- 1-2 Turn ¼ to left, point right toe out to right side: turn ¼ to right replacing right foot to right side
3-4 Turn ¼ to right, point left toe out to right side: turn ¼ to left touching left foot next to right
5-8 Turn ½ to left stepping forward on left: turn ½ to left stepping back on right: turn ½ to left stepping forward on left: tap right next to left

- 1-8 Repeat these last 8 counts again

ROCK FORWARD & BACK, ROCK BACK, ROCK FORWARD, ¼ TURN, VINE

- 1-2 Rock forward on right: replace weight to left
3-4 Rock back on right: replace weight to left
5-8 Turn ¼ to left stepping right to right side: step left behind right: step right to right side: tap left next to right

TAG

ROCK, ¼ TURN, SHUFFLE TWICE

- 1&2 Step left to left side: place right next to left: step left to left side
3-4 Rock back on right: replace weight to left while turning ¼ left
5&6 Step right to right side: place left next to right: step right to right
7-8 Turn ¼ left and step back on left: replace weight to right stepping to right to right side

SHUFFLE, ¼ TURN, KNEE TWISTS

- 1&2 Step left to left side; place right next to left: step left to left side
3-4 Rock back on right: replace weight to left while turning ¼ left
5-8 Point right to right side: twist right knee in with right toe pointed down: twist right knee out: straighten right knee with right toe pointed out to right side
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