

# Jam (If You Can!)

COPPER KNOB  
BY STEPHEN HETS

拍數: 42      牆數: 4      級數: Intermediate  
編舞者: Chris Brocklesby (NZ)  
音樂: Jam - Michael Jackson



## RIGHT TOUCH, HOLD, RIGHT SHUFFLE, ROCK LEFT-RIGHT, LEFT COASTER

1-2            Touch right to right side, hold. (2- hold right hand palm down shoulder height)  
3&4           Right shuffle forward  
5-6           Rock forward onto left, rock back onto right  
7-8           Left coaster step

## RIGHT TOUCH, HEAD RIGHT, TURN ½ RIGHT, CROSS OUT OUT, CROSS OUT OUT

9-10           Touch right toe back, turn head to right  
11&12        Turn ½ to right - rising heel up & down (weight ends on left)  
13&14        Cross right over left, step back onto left, step right to right side  
15&16        Cross left over right, step back onto right, step left to left side

## BUMP HIPS RTX4, BUMP HIPS LTX4, (CLICK RIGHT AND LEANING THEN LEFT)

17&18        Bump hips to right, bump hips to left, bump hips to right  
&19-20       Bump hips to left, bump hips to right, bump hips to left, bump hips to right (leaning right - and clicking right finger)  
21&22        Bump hips to left, bump hips to right, bump hips to left  
&23&24       Bump hips to right, bump hips to left, bump hips to right, bump hips to left, (leaning left - and clicking left finger)

## RIGHT GRAPEVINE, LEFT HEEL DROP, LEFT GRAPEVINE, RIGHT HEEL DROP

25-26        Step right to right side, step left behind right  
27-           Step right to right side (leaving left toe pointed to left side -heel up),  
28            Drop right heel - clicking fingers.  
29-30        Step left to left side, step right behind left  
31-           Step left to left side (leaving right toe pointed to right side -heel up),  
32            Drop left heel - clicking fingers.

## STEP RIGHT, DROP LEFT HEEL, STEP LEFT, DROP RIGHT HEEL TURNING, WALK RIGHT-LEFT

33-           Step to right side (leaving left toe in place - heel up),  
34            Drop left heel down-clicking fingers (no weight change)  
35-           Step to left side (leaving right toe in place - heel up)  
36            Drop right heel down turning ¼ right on left-clicking fingers (no weight change)  
37-38        Walk forward right, walk forward left

## LEFT BUMPX2, STEP RIGHT, SLIDE LEFT, RIGHT BUMPX2, STEP LEFT, SLIDE RIGHT, LEFT BUMPX2

39&40        Bump hips left, bump hips right, bump hips left  
41-42        Large step to right side, slide left up to right (no weight change)  
43&44        Bump hips right, bump hips left, bump hips right  
45-46        Large step to left side, slide right up to left (no weight change)  
47&48        Bump hips left, bump hips right, bump hips left

REPEAT