

# The Hams' Jam

COPPERKNOB  
STEPPERS

拍數: 64      牆數: 1      級數:  
編舞者: Peter Metelnick (UK)  
音樂: Stand By Your Man - The Chicks



## RIGHT TO RIGHT SIDE, LEFT CROSS-SIDE TOUCHES, LEFT CROSS OVER STEP, RIGHT TO RIGHT SIDE, LEFT CROSS-SIDE-CROSS TOUCHES

- 1-3      Step right foot to right side, touch left toes in front of right foot, touch left toes to the left side
- 4      Cross step left foot over right
- 5-7      Step right foot to right side, touch left toes in front of right foot, touch left toes to the left side
- 8      Touch left toes in front of right foot

## LEFT SIDE SHUFFLE, ROCK BACK & RECOVER, RIGHT SIDE SHUFFLE, ROCK BACK & RECOVER

- 1&2      Step left foot to left side, step right foot together, step left foot to left side
- 3-4      Step right foot back and rock back, recover weight on left foot
- 5&6      Step right foot to right side, step left foot together, step right foot to right side
- 7-8      Step left foot back and rock back, recover weight on right foot

## LEFT TO LEFT SIDE, RIGHT CROSS-SIDE TOUCHES, RIGHT CROSS OVER STEP, LEFT TO LEFT SIDE, RIGHT CROSS-SIDE-CROSS TOUCHES

- 1-3      Step left foot to left side, touch right toes in front of left foot, touch right toes to the right side
- 4      Cross step right foot over left
- 5-7      Step left foot to left side, touch right toes in front of left foot, touch right toes to the right side
- 8      Touch right toes in front of left foot

## RIGHT SIDE SHUFFLE, ROCK BACK & RECOVER, LEFT SIDE SHUFFLE, ROCK BACK & RECOVER

- 1&2      Step right foot to right side, step left foot together, step right foot to right side
- 3-4      Step left foot back and rock back, recover weight on right foot
- 5&6      Step left foot to left side, step right foot together, step left foot to left side
- 7-8      Step right foot back and rock back, recover weight on left foot

## RIGHT TRAVELING TOE STEPS, RIGHT SIDE SHUFFLE, ROCK & RECOVER

- 1-4      Touch right toes to right side, step right heel down, cross touch left toes over right, step left heel down
- 5&6      Step right foot to right side, step left foot together, step right foot to right side
- 7-8      Step left foot back and rock back, recover weight on right foot

## LEFT TRAVELING TOE STEPS, LEFT SIDE SHUFFLE, ROCK & RECOVER

- 1-4      Touch left toes to left side, step left heel down, cross touch right toes over left, step right heel down
- 5&6      Step left foot to left side, step right foot together, step left foot to left side
- 7-8      Step right foot back and rock back, recover weight on left foot

## VINE RIGHT WITH ½ RIGHT & LEFT SCUFF, LEFT SIDE SHUFFLE, ROCK & RECOVER

- 1-4      Step right foot to right side, cross step left foot behind right, step right foot to right side turning ½ right, scuff left foot forward
- 5&6      Step left foot to left side, step right foot together, step left foot to left side
- 7-8      Step right foot back, recover weight on left foot

## VINE RIGHT WITH ½ RIGHT & LEFT SCUFF, LEFT SIDE SHUFFLE, ROCK & RECOVER

- 1-4      Step right foot to right side, cross step left foot behind right, step right foot to right side turning ½ right, scuff left foot forward

5&6 Step left foot to left side, step right foot together, step left foot to left side  
7-8 Step right foot back, recover weight on left foot

**REPEAT**

Dance was originally choreographed for the Country Hams as a 1 wall dance. If you want to dance to 4 walls, change the  $\frac{1}{2}$  turn right in the last count of 8 to a  $\frac{1}{4}$  turn right.. You will start the dance again facing the left side wall.

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