

All Jacked Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
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音樂: All Jacked Up - Gretchen Wilson



WALK, HOLD, WALK, HOLD, FORWARD MAMBO, HOLD

1-2 Step forward right, hold and snap fingers

3-4 Step forward left, hold and snap fingers

5-6 Step forward right, recover weight on left

7-8 Step right back, hold and snap fingers

More challenging option:

5-6 Step forward right, pivot $\frac{1}{2}$ turn left stepping on left

7-8 Pivot $\frac{1}{2}$ turn left stepping back on right, hold and snap right fingers

COASTER STEP, HOLD, WALK, HOLD, WALK, HOLD

1-2 Step back left, step right beside left

3-4 Step forward left, hold and snap fingers

5-6 Step forward right, hold and snap fingers

7-8 Step forward left, hold and snap fingers

$\frac{1}{2}$ TURN, FORWARD, LOCK, FORWARD, FORWARD, LOCK. FORWARD

1-2 Step forward right, pivot $\frac{1}{2}$ turn left stepping on left

3-4 Step right at a diagonal forward, lock left behind right

5-6 Step right at a diagonal forward, step left at a diagonal forward

7-8 Lock right behind left, step left at a diagonal forward

FORWARD, HOLD, $\frac{1}{4}$ TURN, FORWARD, $\frac{1}{4}$ TURN, FORWARD $\frac{1}{4}$ TURN

1-2 Step forward on right, hold

3-4 Turn $\frac{1}{4}$ left and replace weight on left, hold

5-6 Step forward on right, turn $\frac{1}{4}$ left and replace weight on left

7-8 Step forward on right, turn $\frac{1}{4}$ left and replace weight on left

The last two quarter turns are like paddle turns, close to the body so you get the hip action

REPEAT

Add attitude by cross walking instead of walking straight forward