

Ol' Jack

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Celia Stevens (NZ) - August 2009
音樂: From a Jack to a King - Arly Karlsen



Introduction: 16 count intro start on the word "king"
This dance is done in all four directions rotating anti clockwise.

(&1 – 8) &-BALL STEP, SCUFF, FWD SHUFFLE, ½ PIVOT, SHUFFLE FWD.

& 1,2 step r back, step l forward, scuff r forward
3&4 step r forward, step l beside right, step r forward
5,6 step l forward, pivot ½ turn right weight ends on r (facing 6:00)
7&8 step l forward, step r beside left, step l forward

(9 – 16) SIDE ROCK/RECOVER, SAILOR STEP, BEHIND, TOUCH, SAILOR STEP.

1,2 step r to right, recover weight on l
3&4 step r behind left, step l to left, step r in place
5,6 step l behind right, touch r toe to right
7&8 step r behind left, step l to left, step r in place

(17 – 24) BACK ROCK/RECOVER, SHUFFLE FWD, ¼, ¼, ¼, ¼.

1,2 step l back, recover weight on r
3&4 step l forward, step r beside left, step l forward
5,6 Turn ¼ turn left stepping r to right (facing 3:00), turn ¼ turn left stepping l to left (facing 12:00)
7,8 Turn ¼ turn left stepping r to right (facing 9:00), turn ¼ turn left stepping l to left (facing 6:00)

(25 – 32) FWD SHUFFLE, ROCK/RECOVER, STEP-LOCK-STEP, ¼, STEP TOG.

1&2 step r forward, step l beside right, step r forward
3,4 step l forward, recover weight on r
5&6 step l back, step r over left, step l back
7,8 Turn ¼ turn right stepping r to right (facing 9:00), step l beside right.

32 REPEAT & ENJOY!