

Hit The Road Jack

COPPERKNOB
BY STEPHEN METELNICK

拍數: 48 牆數: 2 級數: Improver / Lower Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - November 2013
音樂: Hit the Road Jack (feat. Beverley Knight) - The Overtones : (CD: Saturday Night At The Movies)



Start after 8 count intro – [87 bpm – 2mins 59secs]

[1-8] R side strut, L cross strut, R side rock/recover, R back rock/recover, R side, ¼ L & L side, R fwd, ¼ left pivot turn, R cross step

1&2& Touch R toes side right, step R down, cross touch L toes over R, step L down
3&4& Rock R side, recover weight on L, rock R back, recover weight on L
5-6 Step R side, turning ¼ step L side (9 o'clock)
7&8 Step R forward, pivot ¼ left, cross step R over L (6 o'clock)

[9-16] L & R side toe struts, L side rock/recover, ¼ L & L back rock/recover, L fwd, ½ R pivot turn, fwd L shuffle or (R full turn fwd)

1&2& Touch L toes side left, step L down, cross touch R toes over L, step R down
3&4& Rock L side, recover weight on R, turning ¼ left rock L back, recover weight on R (3 o'clock)
5-6 Step L forward, pivot ½ right (9 o'clock)
7&8 Step L forward, step R together, step L forward (or full R turn forward)

[17-24] R fwd, touch L, L back, R kick, R coaster, L fwd lock step, R fwd, ½ L pivot turn, R fwd (½ chase turn)

1&2& Step R forward, touch L together, step L back, kick R forward
3&4 Step R back, step L together, step R forward
5&6 Step L forward, lock R behind L, step L forward
7&8 Step R forward, pivot ½ left, step R forward (3 o'clock)

[25-32] L/R apart, L heel jack, ¾ L walk around & swing & snap

1-2 Step L out to left side, step R apart
3&4& Cross step L over R, step R side, touch L heel forward to left diagonal, step L back
5-8 Turning left walk R, L, R, L completing ¾ left turn ending facing back wall (6 o'clock)
(Optional swing arms and snap fingers as you walk around starting to right)

[33-40] Diagonal R lock step, L fwd rock/recover, ½ L, walk or turn fwd 2, R fwd shuffle

1&2 Looking to right diagonal (7 o'clock) step R forward, lock L behind R, step R forward
3&4 Rock L forward, recover weight on R, turning ½ left step L forward toward diagonal (1 o'clock)
5-6 Step R forward, step L forward
Turning option: 5-6: Turning ½ left step R back, turning ½ left step L forward
7&8 Step R forward, step L together, step R forward (still on diagonal)

[41-48] L fwd rock & recover, L back rock & recover, cross L over R, R back, ¼ L chassé, ¼ L pivot R touch tog

1&2& Facing diagonal rock L forward, recover weight on R, rock L back, recover weight on R
3-4 Cross step L over R, step R back (squaring to front wall) (12 o'clock)
5&6 Step L side, step R together, turning ¼ left step L forward (9 o'clock)
7&8 Step R forward, pivot ¼ left, touch R together (6 o'clock)
(Optional styling on count 8 as you touch R together bump L hip out)

Wall 3: TAG & RESTART: Dance tag & then restart from the beginning

1&2& Touch R toes side right, step R down, cross touch L toes over R, step L down
3-4 Rock R side, recover weight on L
5-7 Hold with weight on L and snap fingers on left hand 3X and bounce R heel 3X

(As he sings.....I'll have to pack my things and go....)

&8 Bump hips R, bump hips L with jazz hands (palms out in front, fingers to the ceiling)

(As ladies sings....that's right!!.....)

ENDING: Complete wall 6 ending facing back wall modifying the final step to R CROSS OVER L & QUICKLY UNWIND to front wall. Hit the Road Jack!

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Please Note: we like to check and approve all Videos of our dances before they are linked to this site.- A&P
