


I Was Jacked (aka: One Foot)

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Choregraphie par : Dan Albro & Addison Albro

Description : 32 temps, 4 murs, Intermediaire, Février 2018

Musique : « I Was Jack (& you were Diane) » by: Jake Owen



Intro: 24 count Intro – start with vocals * 2 Tags/Restarts

[1-8] STOMP, STOMP, HOLD (CLAP), SHUFFLE FWD, FWD MAMBO, SHUFFLE ½ TURN

1&2 Stomp fwd R, stomp further fwd R(weight on R), hold clapping hands
 3&4 Step fwd L, step R next to L, step fwd L
 5&6 Step fwd R, step L next to R, step back R
 7&8 Turn ¼ left stepping side L, step R next to L, turn ¼ left stepping fwd L 6:00

*** On wall 2 (facing 9:00) replace counts 7&8 of the first eight count with a coaster step Step back L, step R next to L, step fwd L. Then restart from the beginning.**

[9-16] SHUFFLE ½ TURN, COASTER STEP, KICK, OUT, OUT, 3 HIP BUMPS

1&2 Turn ¼ left stepping side R, step L next to R, turn ¼ left stepping back R 12:00
 3&4,5&6 Step back L, step R next to L, step fwd L, kick R fwd, step side R, step side L
 7&8 Bump hips right weight on R, bump hips left, bump hips right weight on R

*** On wall 3 (facing 6:00) replace 3 hip bumps (7&8) with sway right, sway left – then restart dance**

[17-24] WEAVE, ¼ TURN ROCK, REPLACE, ½ TURN STEP, ½ TURN SHUFFLE, ½ TURN SHUFFLE

1&2& Step side L, step R behind L, step side L, cross R over L
 3&4 Turn ¼ left rocking fwd L, replace weight on R, turn ½ left stepping fwd L 3:00
 5&6 Turn ¼ left stepping side R, step L next to R, turn ¼ left stepping back R 6:00
 7&8 Turn ¼ left stepping side L, step R next to L, turn ¼ left stepping fwd L 3:00

[25-32] JAZZ BOX, STEP ½ PIVOT, HEEL SWITCHES

1,2,3,4 Cross R over L, step back on L, step side R, step fwd L
 5,6 Step fwd R, pivot ½ left weight on L 9:00
 7&8& Touch R heel fwd, step R next to L, touch L heel fwd, step L next to R

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