|  |  |
| --- | --- |
| The Hams' Jam |  |

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| . |
| **Count:** | 64 | **Wall:** | 1 | **Level:** |  | . |
| **Choreographer:** | Peter Metelnick (UK) |
| **Music:** | 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 ½ turn right in the last count of 8 to a ¼ turn right.. You will start the dance again facing the left side wall.**