

Jet Lagged

COPPER **NOB**
STEPSHEETS

Count: 96

Wall: 1

Level: Phrased Intermediate

Choreographer: Maddie Bee (USA) - July 2019

Music: Jet Lag (feat. Natasha Bedingfield) - Simple Plan



Intro: 32 counts, it will start right after bridge vocals of "So Jet Lagged"

Seq: A,B,C,B,Tag,A,B,C,B,A,B,C,C,B,Tag

PART A: (32 counts)

A1: Pivot Turn, Pivot Turn, Grapevine (12.00)

- 1,2 Step RF forward, turn ½ left (weight to LF)
- 3,4 Step RF forward, turn ½ left (weight to LF)
- 5,6 Step RF right, step LF behind right,
- 7,8 Step RF right, touch LF next to RF

A2: V step, Rocking Horse (12.00)

- 1,2 Step left diagonal with LF, Step right diagonal with RF
- 3,4 Step back with LF, Step RF next to LF
- 5,6 Rock forward with LF, replace weight to RF
- 7,8 Rock back on LF, return weight to RF

A3: Pivot Turn, Pivot Turn, Grapevine (12.00)

- 1,2 Step LF forward, turn ½ right (weight to RF)
- 3,4 Step LF forward, turn ½ right (weight to RF)
- 5,6 Step LF left, step RF behind left,
- 7,8 Step LF right, touch LF next to RF

A4: V step, Rocking Horse (12.00)

- 1,2 Step right diagonal with RF, Step left diagonal with LF
- 3,4 Step back with RF, Step LF next to RF
- 5,6 Rock forward with RF, replace weight to LF
- 7,8 Rock back on RF, return weight to LF

PART B: (32 Count)

B1: K Step (12.00)

- 1,2 Step RF diagonally forward, touch LF next to RF
- 3,4 Step LF diagonally back, touch RF next to LF
- 5,6 Step RF diagonally back, touch LF next to RF
- 7,8 Step LF diagonally forward, touch RF next to LF

B2: Triple Step, Triple Step, Rock Forward, Coaster Step (12.00)

- 1&2 Diagonal triple step right RF, LF, RF
- 3&4 Diagonal triple step left LF, RF, LF
- 5,6 Step forward on RF, recover back on LF
- 7&8 Step RF back, Step LF next to RF, step forward on RF

B3: Pivot ½ Turn Right, Shuffle Forward, Full Turn Forward, Shuffle Forward (6.00)

- 1,2 Step LF forward, turn ½ right
- 3&4 Step LF forward, Step RF next to LF, Step LF forward
- 5,6 Make ½ turn right by stepping onto RF, Make ½ turn right by stepping onto LF
- 7&8 Step RF forward, Step LF next to RF, Step RF forward

B4: Step, Step, Pivot turn, box step (12.00)

- 1,2 Step LF forward, Step RF forward
- 3,4 Step LF forward, turn ½ right (weight to RF)
- 5,6 Cross LF over RF, Step back on RF
- 7,8 Step LF to LF side, touch RF next to LF

Part C: (32 Counts)**C1: Triple step diamond (7.30)**

- 1&2 Triple step sideways RF, LF, RF facing 10.30
- 3&4 Triple step sideways LF, RF, LF facing 1.30
- 5&6 Triple step sideways RF, LF, RF facing 4.30
- 7&8 Triple step sideways LF, RF, LF facing 7.30

C2: Sailor Step, turning Sailor step (3.00)

- 1,2 Touch RF to left diagonal, touch RF side right bringing yourself center to 9.00
- 3&4 Hook RF behind LF, Step LF side left, Replace weight to RF
- 5,6 Touch LF to right diagonal, touch LF side left
- 7&8 ¼ turn left hooking LF behind RF, ¼ turn left stepping RF side, replace to LF 3.00

C3: Side Triple, rock step, side triple, rock step (3.00)

- 1&2 Side step RF, close LF next to RF, side step RF
- 3,4 Rock back LF, Replace weight RF
- 5&6 Side step LF, close RF next to LF, side step LF
- 7,8 Rock back RF, Replace weight LF

C4: Kickball change, Kick ball change, cross step, hitch (12.00)

- 1&2 Kick RF forward, rock back on ball of RF making 1/4 turn right, replace weight LF 12.00
- 3&4 Kick RF, rock back on ball of RF, replace weight LF
- 5,6 Cross step RF over LF, Side touch LF
- 7,8 Step forward LF, hitch RF

Tag 1: (8 Counts)

- 1,2 Swing RF out to right, around to left
- 3,4 Step on RF, step back on LF
- 5,6 Step back RF, step LF next to RF
- 7,8 Step RF, Step LF

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