The Hams' Jam

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.
