

The Way We Jam

Compte: 32

Mur: 4

Niveau: Improver

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Musique: The Way We Jam - KRU



Intro: After 4 heavy beats

Set 1 Heel Grind/Toe Fans (2x) with slight dips, Side Touches (2x) End Facing

1-2 (1) Dig R Heel Fwd with toes pointing inwards, (2) Fan toes outwards putting weight on RF and bend both knees slightly into a slight dip 12:00

3-4 (3) Straighten knees and dig L Heel Fwd with toes pointing inwards, (2) Fan toes outwards putting weight on LF and bend both knees slightly into a slight dip 12:00

*****Restart here on W13 (3:00)**

5-6 (5) Straighten knees and step RF to R, (6) Touch LF behind RF 12:00

7-8 (7) Step LF to L, (8) Touch RF behind LF

****Restart here on W5 (6:00) 12:00**

Set 2 ¾L Box Step, Lean Back in Circular motion, Jump Together

1-2 (1) Step RF to R, (2) ¼L Step LF to L 9:00

3-4 (3) ¼L Step RF to R, (4) ¼L Step LF to L 9:00

5-8 Over 3 counts, Lean body backwards from R-back-L (CW)

Easier option: Circle your hips CW R-back-Left over 3 counts 9:00

8 Jump with both feet together

***Restart here on W3 (9:00) & W8 (3:00) 9:00**

Set 3 Step Locks with knee pops (2), Pony Right and Left

1-2 (1) Step RF fwd, (2) Lock LF behind RF and pop R knee fwd 9:00

3-4 (3) Step RF fwd, (4) Lock LF behind RF and pop R knee fwd 9:00

5&6 (5) Step RF back hitching L knee, (&) Step ball of LF next to RF, (6) Step RF back hitching L knee 9:00

7&8 (7) Step LF back hitching R knee, (&) Step ball of RF next to LF, (6) Step LF back hitching R knee 9:00

Set 4 Syncopated Side Rocks, 1/8L Chugs (4x)

1-2& (1) Rock RF to R, (2) Recover on LF, (&) Close RF next to LF 9:00

3-4& (3) Rock LF to L, (2) Recover on RF, (&) Close LF next to RF 9:00

5-8 (5) 1/8L Stomp RF to R, (6) 1/8L Stomp RF to R, (7) 1/8L Stomp RF to R, (8) 1/8L Stomp RF to R 3:00

Start Again!

Restarts

Restart 1: Wall 3 (Start 6:00) Dance 16 counts and restart W4 facing 9:00.

Restart 2: Wall 5 (Start 6:00) Dance 8 counts and restart W6 facing 6:00

Restart 3: Wall 8 (Start 12:00) Dance 16 counts and restart W9 facing 3:00

Restart 4: Wall 13 (Start 3:00) Dance 4 counts and restart W14 facing 3:00.

Ending

Wall 16 (Start 9:00) Dance all 32 counts and end facing 6:00. Repeat the last 4 counts (1/2L Chugs) to end 12:00 and strike the ending pose