

Jacked Up

COPPER KNOB
STEPSHEETS

拍數: 64

牆數: 1

級數: Phrased Beginner / Improver - Hip
Hop Styling



編舞者: Kristin Clove (USA) - November 2022

音樂: Jacked Up (feat. SMO & Pa Pa Fresh) - 6B.Low

Sequence : A-B-A-B-A-B-A

*1 wall (dances front and back walls, always restarts A or B sequence to front wall)

A

*1st 8 count

1,2 Step side R small bounce 2xs, Step LF together RF,
3&4& bounce RF side R, rock back LF, Cross RF over LF, bend left knee up
5,6 Step side L small bounce 2xs, Step RF together LF,
7&8& bounce LF side L, rock back RF, Cross LF over RF, bend right knee up

*2nd 8 count

1&2 Jump RF forward, recover LF back, step RF behind,
3,4& step LF behind, step RF behind, recover LF
5,6,7,8 Step RF forward, Paddle LF 1/2 turn to back wall,

*3rd 8 Count

Repeat 2nd 8 count

*4th 8 count

1,2 Step RF side R together LF
3,4 Step LF side L together RF
5,6,7,8 Step back RF, LF, RF, LF

B sequence

#1st 8 count

1& Bounce RF R side,
2&3 stomp RF Forward, toes R, toes L
&4 Right knee comes up, step back RF
5&6 Rock LF side L, recover RF, Cross LF over R
&7 Right knee comes up, step RF side right small bounce once
&8 Small bounce 2xs, jump up feet together

#2nd 8 count

1&2&3&4 Step crossing RF over LF, step side Lf, step RF over LF, step side Lf, 1/2 turn (3 steps) RF
over LF, step side LF, step RF right side
5,6,7&8& Step stomp forward LF, RF, LF, RF, LF, RF (&)

#3rd and 4th 8 count

Repeat 8 count 1 and 2 to back wall