

Hit the Road Jack

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Karl-Harry Winson (UK) - February 2010
音樂: Hit The Road Jack - Ray Charles : (CD: Genius - The ultimate Ray Charles Collection)



Intro: 16 count. Start on the word 'Road' (BPM 180)

Section 1

Touch. Sweep. Step Hold. Back Lock-Step. Hold.

- 1 – 2 Touch right toe forward. Sweep right foot around from front to back.
- 3 – 4 Step back on the right foot. Hold
- 5 – 6 Step back on the left. Lock right foot in front of the left.
- 7 – 8 Step back on the left. Hold.

Section 2

Side Crosses X3. Step Hold.

- 1 – 2 Step right foot to the right side. Cross left foot in front of the right.
- 3 – 4 Step right foot to the right side. Cross left foot in front of the right.
- 5 – 6 Step right foot to the right side. Cross left foot in front of the right.
- 7 – 8 Step right foot to the right side. Hold.

Section 3

Cross-rock. Step. Hold. Cross-rock. ¼ turn. Hold.

- 1 – 2 Cross rock left over the right. Recover weight back on to the right.
- 3 – 4 Step left foot to the left side. Hold.
- 5 – 6 Cross rock right over the left. Recover weight back on to the left.
- 7 – 8 Make a ¼ turn right stepping right forward. Hold.

Section 4

Step. Hold. ½ turn. Hold. Run: Left, Right, Left. Hold.

- 1 – 2 Step forward on the left. Hold.
- 3 – 4 Make a ½ turn right. Hold.
- 4 – 6 Run forward on the left. Run forward on the right.
- 7 – 8 Run forward on the left. Hold.

Choreographers note: Keep the steps in Section 2 small so you don't travel as far.

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