

Jack

Choreographed by Siobhan Dunn-Backstrom (UK)

Description: 64 counts, 2 wall, Cuban - Cha Cha - Non Country

Level: Intermediate

Music : 'Jack' - Avera (pitched down 116 BPM)

Official UCWDC competition dance description

Date of usage 8 March 2023 to May 2024

- 1-8 SIDE-CROSS ROCK, BEHIND-3/4 L, PRESS & HIP ROLL, FWD LOCK**
1 2 3 Step RF to side, cross Rock LF over RF, recover weight onto RF sweep LF back
4 5 Cross touch LF behind RF, turn 3/4 L on RF (facing 3.00) touching LF forward
6 7 Roll hips forward pressing onto LF, recover weight back onto RF and roll hips
8& Step LF forward, lock step RF behind LF
- 9-16 1/8 L STEP & SWEEP, STEP & FLICK, FULL SPIRAL R, CHAINE TURN R**
1 - 2 Turn 1/8 L (facing 1.30) step LF forward and sweep RF slowly forward
3 Step RF next to LF flicking LF back
4 5 Step LF forward, full spiral turn R
&6 7 Step RF slightly forward to 1.30, step LF forward, full spiral turn R
8& Step RF slightly forward to 1.30, full chaine turn R step LF together
- 17-24 1/8 R SIDE STRIDE & HOLD, BACK MAMBO STEP, STEP TRACE TURN L,
FWD LOCK SHUFFLE to START 1/2 TURN L WALK ARAUND**
1 - 3 Turn 1/8 L (facing 12.00) Stride RF to R side & hold
4&5 Rock LF back, recover weight onto RF, step LF forward
6 7 Step RF forward 1/2 L, Step forward on L (to 6:00) and trace RF 1/2 L (finish
facing 12:00)
8& (Starting to travel to 10:30) Step RF forward, lock step LF behind RF
- 25-32 FINISH 1/2 TURN L WALK ARAUND: 2x WALK,
FWD LOCK, TWIST LOCK STEP, CHAINE TURN L**
1 Step RF forward (finishing lock step)
2 3 (to 9:00)Step LF forward, (to 7:30) step RF forward
4&5 (facing 7.30) step LF forward, lock step RF behind LF, turn 1/8 L (facing 6.00)
step LF forward
&6&7 Step RF forward, lock step LF behind RF, step RF forward, step LF forward
(prepping for turn)
8& Step RF together & turn 3/4 L, step LF forward and turn 1/4 L (facing 6.00)

33-40 1/4 L STEP & HIP ROLL, FULL TURN R & STRIDE HOLD
1 - 2 Turn 1/4 L (facing 3:00) & step RF to side looking to 6:00 and roll hips to R
3 - 4 Roll hips to L changing weight onto LF
5 - 6 Turn 1/4 R (facing 6:00) step RF forward, turn full on RF to R
7 - 8 Stride LF to left side (facing 6:00) and hold

41-48 STEP TURN, SIDE SHUFFLE, TOGETHER TOGETHER SIDE, SWITCHES
1 Step RF forward to 9:00
2 3 Step LF forward, turn 1/2 R (facing 3:00) step RF forward
4&5 Turning 1/4 R, Step LF to side (facing 6:00), step RF next to LF, step LF to side
6&7 Step RF next to LF, recover weight onto LF, step RF to R side
&& Step LF next to RF, point RF to R side, step RF next to LF

49-56 SKATE STEPS, FWD ROCK STEP, 1/2 TURNING SHUFFLE
1 Point LF to L side
2-3 4-5 Skate step LF diagonally forward, skate step RF diagonally forward
6 7 Rock LF forward, recover weight back onto RF
8& Turn 1/4 L (facing 3:00) stepping LF to side, step RF next to LF

57-64 CROSS BREAKS, FWD CHECK PUSH BACK, BACK-1/2 L-STEP
1 Step LF Forward to 12:00 (finishing half turn shuffle)
2&3 Cross rock RF over LF, recover weight onto LF, step RF to side
4&5 Cross rock LF over RF, recover weight onto RF, step LF to side
6 7 Rock step RF forward, large push step LF back
8&1 Step RF back, turn 1/2 L (facing 6:00) & step LF together, step RF forward

*** Start the dance again from the cross rock step on count 2**