

THE HAMS' JAM

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Count: 64 **Wall:** 1 **Level:** —

Choreographer: Peter Metelnick

Music: Stand By Your Man by The Dixie 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.