

My Friend Jack

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Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Adrian Helliker Fr (Sept 2013)

Music: My Friend Jack – Dave Sheriff

Intro: 16 Counts Approx 8 Seconds Into The Track

[1-8] HEEL, HOOK, RIGHT STEP LOCKS X2

- 1-2** Touch right heel forward, hook right heel over left
- 3&4** Step right forward, lock left behind right, step right forward
- 5-6** Touch left heel forward, hook left heel over right
- 7&8** Step left forward, lock right behind left, step left forward

[9-16] SCISSOR STEP RIGHT, SCISSOR STEP LEFT, SIDE TOGETHER RIGHT, RIGHT CHASSE

- 1&2** Step Right to right side, Step Left beside Right, Cross Right in front of Left
- 3&4** Step Left to left side. Step Right beside Left. Cross Left in front of Right
- 5-6** Step Right to right side. Step Left beside Right
- 7&8** Step Right forward. Step Left beside Right. Step Right forward

[17-24] ROCK FORWARD, RECOVER, ¼ LEFT CHASSE, WALKS FORWARD WITH BUMPS X2

- 1-2** Rock forward on left. Recover on Right
- 3&4** Turn ¼ left stepping Left to left side. Close right beside Left. Step Left to left side (9:00)
- 5&6** Right step forward with hip bumps forward, back, forward
- 7&8** Left step forward with hip bumps forward, back, forward

[25-32] SHUFFLE FORWARD RIGHT, ROCK & RECOVER, SHUFFLE LEFT BACK, ROCK & RECOVER

- 1&2** Step right forward, left beside right, step right forward
- 3-4** Rock left forward, recover on right
- 5&6** Step left back, right beside left, step left back
- 7-8** Rock right back, recover on left

