

Panama Jack

Count: 32

Wall: 4

Level: Improver

Choreographer: Malene Jakobsen, Denmark (May 2014)

Music: Old School (the single) by Chuck Wicks, [iTunes – 100 BPM]

Intro: 32 counts, 23 sec. into track - dance begins with weight on R

Restart: There is one Restart on wall 3, you'll be facing [6.00]

[1-8] Walk, walk, fwd. coaster, back, back with sweep, behind side cross

1-2 (1-2) Walk fwd. L, R [12.00]
3&4 (3) Step fwd. on L, (&) step R next to L, (4) step back on L [12.00]
5-6 (5) Walk back on R, (6) walk back on L sweeping R from front to back [12.00]
7&8 (7) Cross R behind L, (&) step L to L, (8) cross R over L [12.00]

[10-16] Side, together, shuffle fwd., rock step, coaster

1-2 (1) Step L to L, (2) step R next to L [12.00]
3&4 (3) Step fwd. on L, (&) step R next to L, (4) step fwd. on L [12.00]
5-6 (5) Rock fwd. on R, (6) recover onto L [12.00]
7&8 (7) Step back on R, (&) step L next to R, (8) step fwd. on R [12.00]

NOTE: Restart here on wall 3, you'll be facing [6.00]

[17-24] 1/4, cross shuffle, side, touch, kick ball cross

1-2 (1) Step fwd. on L, (2) turn 1/4 R [3.00]
3&4 (3) Cross L over R, (&) step R slightly R, (4) cross L over R [3.00]
5-6 (5) Step R to R, (6) touch L next to R [3.00]
7&8 (7) Kick L (low) diagonally L, (&) step L next to R, (8) cross R over L [3.00]

[25-32] Side, together, twist R, twist L, 1/2 rumba box

1-2 (1) Step L to L, (2) step R next to L (feet almost shoulders width apart) [3.00]
3&4 (3&4) Twist R heels, toes, heels [3.00]
5&6 (5&6) Twist L heels, toes, heels (weight ends on L) [3.00]
7&8 (7) Step R to R, (&) step L next to R, (8) step fwd. on R [3.00]

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