

ESPN JOCK JAM

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Level: Intermediate

INTRO

Count 4 when music starts
Arms – shown in class
Clap, Side Step left, Hands down
4 steps turning to front with windmill arms
Triple
DT DS DT DS
2 Potholes
Hands on hips, feet together – toes pointing out, look down

I LIKE TO MOVE IT, MOVE IT

Click heels in the air
Hop Tch S, Hop DT Hop RS
Heels Cross, Heels Out, Heels In, Hop DT Hop RS
Bo, Hop DT Hop Tch, Bo, Hop DT Hop Tch
Heels Cross, Heels Out, Heels In, Hop DT Hop RS

WELCOME TO THE BIG SHOW

Dar Vine – DS DS (xif) DS DS (xib) DS DT DT DT (1/4 turn left)
Slur Brush – DS Slur DS Br Up
Fancy Double – (1/4 turn left)
Repeat to front

WE'VE GOT BOOGIE

JW Brush - DS DS (xif) DS Ba SI RS DS DT (b) Br Up
2 Brushes
Chain with windmill arms (1/2 turn left)
Repeat to front

ACTION, ACTION

Hop DT, Hop DT, Hop Basket Turn (1/2 left)
Triple
Repeat to front

PUMP UP THE JAM

Bonanza - DS DS (xif) DT DT DS (xib) RS (1/4 turn) DS Br Up
Repeat 3 more times to all walls

I WANT A PLACE TO STAY

2 Heel Drags (arms pull body fwd)
2 Flea Flickers
DS DT (ots) DS RS (1/2 turn left)
Repeat to front

PUMP UP THE JAM 2

Hop DT (4 right, 4 left, 2 right, 2 left, 2 right, 2 left, right, left, right left)

WHOMP, THERE IT IS

4 Steps fwd
Right foot down, right foot up, Step, Step, left foot up
2nd group repeat
Side Step, Side Step, Right toe tch, twist rt foot in, Left toe tch, twist left foot in,
right toe tch, right foot (ots), feet together

HEY, LOOK AT HIM GO

Double Scuff – DS DT DS H Ba H S DS Sc Dr Br(b) S DS Sc Dr Br(b) S
4 kicks (1/4 turn left – to each wall)

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HEY, HEY YOU, GET OUT OF OUR WAY

2 Canadians (arms shown in class)
2 Flapjacks
Fancy Double

INTRO TO YMCA

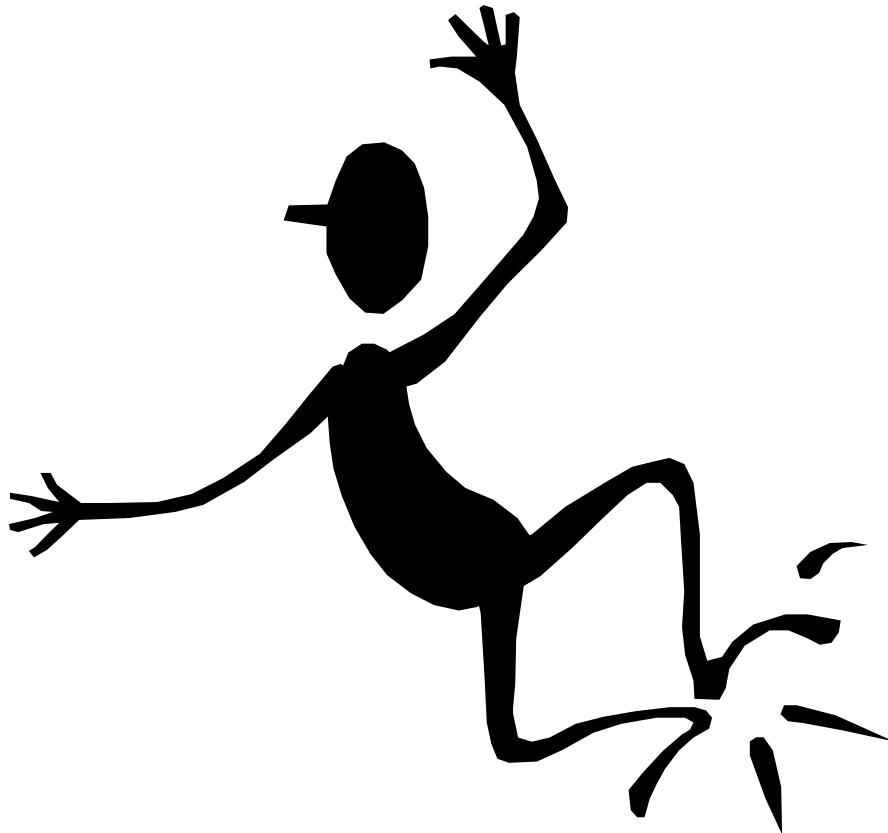
2 Triple Kick (fwd)
2 Flea Flickers
4 Crazy Legs
Rt arm cross, left arm up, rt arm up, left arm cross, rt arm up, left arm up, rt arm cross, both arms out
Jump feet together & clap
2 Basketball Turns with windmill arms
Basic

YMCA

2 Samanthas
High Horse
Triple Kick
Jump (both feet out), Jump (feet cross), Turn, Clap (Repeat to Front)

LET'S GET READY TO RUMBLE

Roseanne – DS DT DS(xif) RS Kick DS Drag Step Step Step
2 Rock Hop Basics – DS Heel Ba Heel St
Bonanza - DS DS (xif) DT DT DS (xib) RS (1/4 turn) DS Br Up
4 Pot holes
Hands on hips, Step left, step right, look down



DARE TO CLOG