

# Panama Jack

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**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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