

# I Was Jacked (aka: One Foot)

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**Count:** 32                      **Wall:** 4                      **Level:** Intermediate

**Choreographer:** Dan Albro & Addison Albro (5th February 2018)

**Music:** "I Was Jack (& you were Diane)" by: Jake Owen

**Intro: 24 count Intro - start with vocals \* 2 Tags/Restarts**

**[1-8] STOMP, STOMP, HOLD (CLAP), SHUFFLE FWD, FWD MAMBO, SHUFFLE ½ TURN**

**1&2**            Stomp fwd R, stomp further fwd R(weight on R), hold clapping hands

**3&4**            Step fwd L, step R next to L, step fwd L

**5&6**            Step fwd R, step L next to R, step back R

**7&8**            Turn ¼ left stepping side L, step R next to L, turn ¼ left stepping fwd L 6:00

**\* On wall 2 (facing 9:00) replace counts 7&8 of the first eight count with a coaster step**

**Step back L, step R next to L, step fwd L. Then restart from the beginning.**

**[9-16] SHUFFLE ½ TURN, COASTER STEP, KICK, OUT, OUT, 3 HIP BUMPS**

**1&2**            Turn ¼ left stepping side R, step L next to R, turn ¼ left stepping back R 12:00

**3&4,5&6**       Step back L, step R next to L, step fwd L, kick R fwd, step side R, step side L

**7&8**            Bump hips right weight on R, bump hips left , bump hips right weight on R

**\* On wall 3 (facing 6:00) replace 3 hip bumps (7&8) with sway right, sway left - then restart dance**

**[17-24] WEAVE, ¼ TURN ROCK, REPLACE, ½ TURN STEP, ½ TURN SHUFFLE, ½ TURN SHUFFLE**

**1&2&**           Step side L, step R behind L, step side L, cross R over L

**3&4**            Turn ¼ left rocking fwd L, replace weight on R, turn ½ left stepping fwd L 3:00

**5&6**            Turn ¼ left stepping side R, step L next to R, turn ¼ left stepping back R 6:00

**7&8**            Turn ¼ left stepping side L, step R next to L, turn ¼ left stepping fwd L 3:00

**[25-32] JAZZ BOX, STEP ½ PIVOT, HEEL SWITCHES**

**1,2,3,4**       Cross R over L, step back on L, step side R, step fwd L

**5,6**            Step fwd R, pivot ½ left weight on L 9:00

**7&8&** Touch R heel fwd, step R next to L, touch L heel fwd, step L next to R

**Contact: [mishnockbarn.com](http://mishnockbarn.com) - [mishnockbarn@gmail.com](mailto:mishnockbarn@gmail.com)**

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