

## Jam It Up

48 count, 4 wall, intermediate level

Choreographer: Daniel Whittaker (UK) Oct 2005

Choreographed to: Folson Prison by Boomer

Mclennan; Every Little Step by Mercury4; Black Or  
White by Michael Jackson

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- 1-8 Touch out right x2, ¼ turn coaster step, Full turn step back**  
1&2 Touch right toe out to side, return beside left, Touch right toe out to side  
3 Make ¼ turn right keep weight on left  
4&5 Step right back, step left beside right, step forward right  
6&7 Step left foot forward, Make ½ turn right, Make a further ½ turn right step back left  
8 Step right foot back
- 9-16 Coaster step, walk forward right left, Modified grapevine, slide tap x2**  
1&2 Step left foot back, step right beside left, step left foot forward  
3-4 Walk forward right, left  
5-6 Step right to right side, step left behind right  
&7 Step right beside left, and step left long step to the left  
&8 Drag right beside left as you drag right to left tap right toe on floor twice
- 17-24 Coaster step, Heel dig x2, ½ turn, ¼ turn, kick jack**  
1&2 Step right back, close left to right, step right foot forward  
3&4 Touch your left heel forward twice (known as heel digs)  
5-6 Make ½ turn left step left forward, make ¼ turn left step right to right side  
7&8 Step left behind right, step right slightly back right, Kick left diagonally forward left
- 25-32 Syncopated grapevine left, Touch right, left, right, hook flick ¼ left**  
&1&2 Step left down, cross right in front of left, step left slightly left, cross right behind left  
&3&4 step left to side, cross right in front of left, step left slightly left, touch right beside left  
5&6 Touch right to right, touch left to left  
&7&8 Touch right to right, Flick right foot in front of left leg, make a ¼ turn left flick right to right side
- 33-40 Side step touch, Chasse left, cross coaster step, step right forward**  
1-2 Step right to right side, touch left in front of right  
3&4 Step left to left, close right to left, step left to left  
5 Step right in front of left  
6&7 Step left foot back, close right to left, step forward left  
8 Step right forward
- 41-48 Rock left forward, shuffle ½ left (or 1 ½ ) step forward right left bump x2**  
1-2 Rock left foot forward, recover back on right  
3&4 Shuffle ½ turn left (or make 1 ½ turn left)  
5-6 Step right foot forward, step left beside right (Clap)  
7&8 Bump hips left, right left

**END OF DANCE**

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