

Panama Jack

32 Count, 4 Wall, Improver

Choreographer: Malene Jakobsen (Denmark) May 2014

Choreographed to: Old School (the single) by Chuck Wicks
(iTunes – 100 bpm)

Intro: 32 counts, 23 sec. into track

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

1-2 (1-2) Walk fwd. L, R

3&4 (3) Step fwd. on L, (&) step R next to L, (4) step back on L

5-6 (5) Walk back on R, (6) walk back on L sweeping R from front to back

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

3&4 (3) Step fwd. on L, (&) step R next to L, (4) step fwd. on L

5-6 (5) Rock fwd. on R, (6) recover onto L

7&8 (7) Step back on R, (&) step L next to R, (8) step fwd. on R 12.00

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

5-6 (5) Step R to R, (6) touch L next to R

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&4 (3&4) Twist R heels, toes, heels

5&6 (5&6) Twist L heels, toes, heels (weight ends on L)

7&8 (7) Step R to R, (&) step L next to R, (8) step fwd. on R 3.00

Restart: There is one restart on **wall 3**, you'll be facing 6.00