

JET LAG

Description: 1 wall, phrased line dance ABCA CC BB CC A
Choreographer: Masters In Line
Music: "These Words" – Natasha Bedingfield

With thanks to Bracken Ellis (San Diego) for typing the dance sheet. ☺



PART A Cross, Side, Behind & Heel, & Cross ½ Turn, Push left, right

- 1-2 Step Right across (in front of) left; Step Left to left side
3&4 Step Right behind left; & Step Left to left side; Tap Right heel forward (to right diagonal)
&5-6 & Step on ball of Right foot slightly to right side; Step Left across (in front of) right; Make ½ turn left and step Right to side (traveling toward 3:00)
7-8 Step Left to left side pushing hip to left; Step Right to right side (in place) pushing hip to right

Hitch, Side, Behind & Cross, Side Rock & Cross, ¾ Triple

- 1-2 Transfer weight to left foot and hitch right leg up; Step Right to right side
3&4 Step Left behind right; & Step Right to right side; Step Left across (in front of) right
5&6 Rock Right to right side; & Replace weight to Left; Step Right across (in front of) left
7&8 Make ¼ turn right and step Left back; & Make ½ turn right and step Right forward; Step Left forward

Rock Recover, Coaster Step, Side Rock & Cross, Full Monterey Turn

- 1-2 Rock Right forward; Recover weight to Left
3&4 Step Right back; & Step Left next to right; Step Right forward
5&6 Rock Left to left side; & Replace weight to Right; Step Left across (in front of) right
7-8-1 Point Right to right side; Make full turn right and step Right next to left; Point Left to left side

Cross, Side Behind ¼, Step, Touch, ½ Turn, Shuffle Forward

- 2 Step Left across (in front of) right
3&4 Step Right to right side; & Step Left behind right; Make ¼ turn right and step Right forward
5&6 Step Left forward; Touch Right toe next to left heel; Make ½ turn right and step Right forward
7&8 Step Left forward; & Step Right next to left; Step Left forward

PART B Brush, Cross, Back, Side Shuffle, Brush, Cross, Back, 1 ¼ Triple

- &1-2 & Brush Right forward hitching knee; Step Right across (in front of) left; Step Left back
3&4 Step Right to right side; & Close Left next to right; Step Right to right side
&5-6 & Brush Left forward hitching knee; Step Left across (in front of) right; Step Right back
7&8 Make ¼ turn left and step Left forward; & Make ½ turn left and step Right back; Make ½ turn left and step Left forward

Brush, Step ½ Turn, Forward Shuffle, Brush, Step ½ Turn, Forward Shuffle

- &1-2 & Brush Right forward hitching knee; Step Right forward; Make ½ turn left and step Left forward
3&4 Step Right forward; & Close Left next to right; Step Right forward
&5-6 & Brush Left forward hitching knee; Step Left forward; Make ½ turn right and step Right forward
7&8 Step Left forward; & Close Right next to left; Step Left forward

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Knee Rolls, Step, ½, Shuffle Forward, Knee Rolls, Step, ¼, Side Rock & Cross

- &1 & Roll Right knee from left to right and step on Right; Roll Left knee from right to left and step on Left
2 Step Right forward
3&4 Make ½ turn left and step Left forward; & Close Right next to left; Step Left forward
&5 & Roll Right knee from left to right and step on Right; Roll Left knee from right to left and step on Left
6 Step Right forward
7&8 Make ¼ turn left and rock Left to left side; & Recover weight to Right; Step Left across (in front of) right

PART C Side Rock Recover, Cross Shuffle, Side Rock Recover, ½, ½, ½

- 1-2 Rock Right to right side; Recover weight to Left
3&4 Step Right across (in front of) left; Close Left next to but slightly behind right; Step Right across (in front of) left
5-6 Rock Left to left side; Recover weight to Right
7-8-1 Make ½ turn left and step Left to left side; Make ½ turn left and step Right to right side; Make ½ turn left and step Left to left side

Cross Rock Recover, Step ¼, ¾ Ball-Step Turn

- 2-3-4 Rock Right across (in front of) left; Recover weight to Left; Make ¼ turn right and step Right forward
&5&6&7&8 Making a ¾ turn right over the next four counts: & Step ball of Left foot next to but slightly behind left; Step Right; & Step ball of Left foot next to but slightly behind left; Step Right; & Step ball of Left foot next to but slightly behind left; Step Right; & Step ball of Left foot next to but slightly behind left; Step Right

Side Rock Recover, Cross Shuffle, Side Rock Recover, ½, ½, ½

- 1-2 Rock Left to left side; Recover weight to Right
3&4 Step Left across (in front of) right; Close Right next to but slightly behind left; Step Left across (in front of) right
5-6 Rock Right to right side; Recover weight to Left
7-8-1 Make ½ turn right and step Right to right side; Make ½ turn right and step Left to left side; Make ½ turn right and step Right to right side

Cross Rock Recover, Step ¼, ¾ Ball-Step Turn

- 2-3-4 Rock Left across (in front of) right; Recover weight to Right; Make ¼ turn left and step Left forward
&5&6&7&8 Making a ¾ turn left over the next four counts: & Step ball of Right foot next to but slightly behind left; Step Left; & Step ball of Right foot next to but slightly behind left; Step Left; & Step ball of Right foot next to but slightly behind left; Step Left; & Step ball of Right foot next to but slightly behind left; Step Left

END!!