

J J Jam

32 count, 4 wall, intermediate level

Choreographer: John H. Robinson & Junior Willis
(USA) April 2007Choreographed to: Hear Us Now by Southside
Rockers

Begin the dance 32 counts after the big beat kicks in (there's a 16-count intro before that starting with laughter, one of the band members saying "Yo, once again it's the Southside, and we're gonna smooth it out a little bit" followed by some instrumentation and all the guys singing "All around the world..." etc.). Don't dance yet - you'll start with the first verse, when the vocalist sings, "Yo, hear us now...."

LEFT BACK ROCK, RECOVER, HITCH & RIGHT KICK-STEP-TOUCH, LEFT ROCK FORWARD, RECOVER & BUMP BACK TWICE

1&2& Left rock back ball of foot, recover to right, raise left knee (hitch), left step down

3&4 Right low kick forward, right step forward, left touch behind right

5-6 Left rock forward ball of foot, recover to right

&7-8 Left step back, bump hips back twice

RIGHT STEP FORWARD, LOCK, & CROSS ROCK-RECOVER-TURN ¼ LEFT, TURN ½ LEFT, STEP TOGETHER, HIP SHAKE UP & DOWN &

1-2 Angling body toward left diagonal (11:00) right step forward toward 12:00, left lock behind right

&3-4 Right small step forward, left rock ball of foot across right opening up ¼ turn left (9:00), recover to right, pivot ¼ left (6:00) stepping left forward

5-6 Pivot ½ left (12:00) stepping right back, step left behind right in 3rd position (left instep to right heel)

7&8& Bump hips right raising body slightly, bump hips left returning body to center, bump hips right lowering body slightly, bump hips left returning body to center

WALK FORWARD RIGHT-LEFT, & SIDE BALL-CHANGE, CROSS, LEFT SIDE, BEHIND, RIGHT TOUCH ACROSS LEFT TWICE

1-2 Right step forward, left step forward

&3-4 Right rock ball of foot side right, recover to left, right step across left

5-6 Left step side left, right step behind left

&7-8 Left step side left, right toe touch across left twice

TURN ¼ RIGHT, TURN ½ RIGHT, COASTER STEP, LEFT TOUCH FORWARD, BACK, SYNCOPATED RUN TURNING ½ LEFT

1-2 Pivot ¼ right (3:00) stepping right forward, pivot ½ right (9:00) stepping left back

3&4 Right step back ball of foot, left step ball of foot next to right, right step forward

5-6 Angling body slightly left, left toe touch forward, left toe touch back

7&8& Begin ½ turn left stepping left across right, continue ½ turn left stepping right ball of foot side right, finish ½ turn left (3:00) stepping left across right, right step back

TAG: After the 7th repetition you will hear a 4-count build-up in the music as the guys in the band say "ohhhh!" Gradually getting louder. Cross left over right on count 1 and unwind to the right one full revolution on counts 2-4, finishing with weight on right. Start the dance again