

## **Jet Lagged**

**Count:** Phrased                      **Wall:** 1                      **Level:** Intermediate

**Choreographer Name:** Maddie Bee

**Music:** Jet Lag (feat. Natasha Bedingfield) 3:24

**Date:** July 2019

**Intro:** 32 counts, it will start right after bridge vocals of "So Jet Lagged"

A,B,C,B,Tag,A,B,C,B,A,B,C,C,B,Tag

### **PART A: (32 counts)**

#### **A1: Pivot Turn, Pivot Turn, Grapevine**

- 1,2 Step RF forward, turn ½ left (weight to LF)
- 3,4 Step RF forward, turn ½ left (weight to LF)
- 5,6 Step RF right, step LF behind right,
- 7,8 Step RF right, touch LF next to RF

#### **A2: V step, Rocking Horse**

- 1,2 Step left diagonal with LF, Step right diagonal with RF
- 3,4 Step back with LF, Step RF next to LF
- 5,6 Rock forward with LF, replace weight to RF
- 7,8 Rock back on LF, return weight to RF

#### **A3: Pivot Turn, Pivot Turn, Grapevine**

- 1,2 Step LF forward, turn ½ right (weight to RF)
- 3,4 Step LF forward, turn ½ right (weight to RF)
- 5,6 Step LF left, step RF behind left,
- 7,8 Step LF right, touch LF next to RF

#### **A4: V step, Rocking Horse**

- 1,2 Step right diagonal with RF, Step left diagonal with LF
- 3,4 Step back with RF, Step LF next to RF
- 5,6 Rock forward with RF, replace weight to LF
- 7,8 Rock back on RF, return weight to LF

### **PART B: (32 Count)**

#### **B1: Triple, Triple. 1/2 K step**

- 1&2 Diagonal triple step right RF, LF, RF
- 3&4 Diagonal triple step left LF, RF, LF
- 5,6 Step RF diagonally forward, touch LF next to RF
- 7,8 Step LF diagonally back, touch RF next to LF

#### **B2: Step hitch, step hitch, Rock Forward, Coaster Step**

- 1,2 Step back with RF, lift left knee up
- 3,4 Step back with LF, lift right knee up
- 5,6 Step forward on RF, recover back on LF
- 7&8 Step RF back, Step LF next to RF, step forward on RF

#### **B3: Pivot Turn, triple, turn, triple**

- 1,2 Step LF forward, turn ½ right (weight to RF)
- 3&4 Triple step left LF, RF, LF
- 5,6 pivot ½ left placing weight on RF, ½ turn L stepping LF forward
- 7&8 Triple step left RF, LF, RF

#### **B4: Step, Step, Pivot turn, box step**

- 1,2 Step LF forward, Step RF forward
- 3,4 Step LF forward, turn ½ right (weight to RF)

- 5,6 Cross LF over RF, Step back on RF
- 7,8 Step LF to LF side, touch RF next to LF

**Part C: (32 Counts)**

**C1: Triple, Triple, Triple, Triple**

- 1&2 Triple step diagonal right sideways (facing 10.30) towards (3.00) RF, LF, RF
- 3&4 Triple step diagonal left sideways (facing 1.30) towards (12.00) LF, RF, LF
- 5&6 Triple step diagonal right sideways (facing 4.30) towards (9.00) RF, LF, RF
- 7&8 Triple step diagonal left sideways (facing 7.30) towards (6.00) LF, RF, LF

**C2: Sailor Step, turning Sailor step**

- 1,2 Touch RF to left diagonal, touch RF side right bringing yourself center to 9.00
- 3&4 Hook RF behind LF, Step LF side left, Replace weight to RF
- 5,6 Touch LF to right diagonal, touch LF side left
- 7&8 ¼ turn left hooking LF behind RF, ¼ turn left stepping RF side, replace to LF

**C3: Side Triple, rock step, side triple, rock step**

- 1&2 Side step RF, close LF next to RF, side step RF
- 3,4 Rock back LF, Replace weight RF
- 5&6 Side step LF, close RF next to LF, side step LF
- 7,8 Rock back RF, Replace weight LF

**C3: Kickball change, Kick ball change, cross step, hitch**

- 1&2 RF kick, step RF on ball, LF step in place
- 3&4 Kick RF, step back on RF making 1/4 turn left, replace weight LF
- 5,6 Cross step RF over LF, Side touch LF
- 7,8 Step forward LF, hitch RF

**Tag 1: (8 Counts)**

- 1,2 Swing RF out to right, around to left
- 3,4 Step on RF, step back on LF
- 5,6 Step back RF, step LF next to RF
- 7,8 Step RF, Step LF