

POWER JAM

MUSIC: JAM BY MICHAEL JACKSON

OL' POP IN AN OAK BY THE REDNECKS

COTTON-EYED JOE BY THE REDNECKS

THIS IS A FAST BEGINNER/INTERMEDIATE DANCE

USING ALL FOUR WALLS ENDING WITH A ¼ TURN FROM ORIGINAL STARTING POSITION  
TRAVELING CLOCKWISE

START WITH FEET TOGETHER

TOUCH RIGHT FOOT OUT AWAY FROM LEFT

BRING IT BACK NEXT TO THE LEFT

STEP ACROSS PUTTING RIGHT FOOT FIRST FOLLOWED BY THE LEFT

STEP LEFT FOOT AWAY FROM RIGHT

BRING IT BACK NEXT TO THE RIGHT

STEP ACROSS STARTING WITH THE LEFT FOOT FOLLOWED THE THE RIGHT

STANDING ON LEFT LEG –

TWO HEELS TO THE FRONT (RIGHT HEEL)

TWO TOES TO THE BACK (RIGHT FOOT)

\*SINGLE HEEL (RIGHT FOOT)

\*SINGLE TOE (RIGHT FOOT)

CHA CHA ON THE RIGHT, THE THE LEFT WHILE TRAVELING ¼ TURN TO THE RIGHT SIDE  
OF THE ROOM LEFT CHA-CHA SHOULD JUST BE MOVING YOU FORWARD AFTER  
MAKING THE ¼ TURN WHILE CHA-CHA ON RIGHT FOOT

ONE BOX STEP KICKING THE RIGHT FOOT OVER THE LEFT

PICKING UP THE LEFT FOOT PLACING IT BEHIND THE RIGHT

PLACE THE RIGHT FOOT NEXT TO THE LEFT FOOT

ONE GIANT HOP ON BOTH FEET WITH A CLAP OF THE HANDS

\*YOU CAN SUBSTITUTE A KICKBALL CHANGE FOR THE SINGLE HEEL AND TOE TWICE\*