

Sweet Jamaica

Count: 32

Wall: 4

Level: Beginner

Choreographer: Alexis Strong (UK) - January 2025

Music: Sweet Jamaica - The Dualers



Start on vocals 32 count intro

[1-8] x4 HEEL DIGS FWD STEP TOGETHER.

- 1-2 Dig R Heel Fwd (1) Step On R (2)
- 3-4 Dig L Heel Fwd (3) Step On L (4)
- 5-6 Dig R Heel Fwd (5) Step On R (6)
- 7-8 Dig L Heel Fwd (7) Step On L (8)

[9-16] x2 STEP SIDE, CROSS, STEP SIDE, KICK.

- 1-2 Step R Side (1) Cross L Over R (2)
- 3-4 Step R Side (3) Kick L To L (4)
- 5-6 Step L Side (5) Cross R Over L (6)
- 7-8 Step L Side (7) Kick R To R (8)

[17-24] BACK ROCK RECOVER, x2 1/8 PADDLE TURNS (Rolling Hips) L, FWD ROCK RECOVER.

- 1-2 Rock Back On R (1) Recover Fwd On L (2)
- 3-4 Step Fwd On R (3) 1/8 Paddle Turn L, Step On L (4)
- 5-6 Step Fwd On R (5) 1/8 Paddle Turn L, Step On L (6) 9:00
- 7-8 Rock Fwd On R (7) Recover On L (8)

[25-32] x2 STEP BACK SIDE POINT, HIPS BUMP BACK & FWD R L R L.

- 1-2 Step Back On R (1) Point L To L (2)
- 3-4 Step Back On L (3) Point R To R (4)
- 5-6 Hip Bump Back R (5) Hip Bump Fwd L (6)
- 7-8 Hip Bump Back R (7) Hip Bump Fwd L (8)

Enjoy ☺

Last Update: 12 Jan 2025