

Jump On It

Count: 0

Wand: 1

Ebene: Improver

Choreograf/in: Charles Johnson

Musik: Jump On It - Apache



Sequence: Begin after 25 second intro. AAAA, BCB, AAAA, BCC, BCC, AAAA, BCC, B, AAAA, BBB

PART A

HIP BUMPS AND HORSE RIDING

- 1-2 With hands on hips, bump left and hold
- 3-6 Bump back, right, and forward, hold
- 7-8 Bump left and back

- &1 Jump up slightly landing right, left while turning ¼ left
- &2&8 Repeat &1 seven times

During these counts - place left hand out in front of you like holding the reins of a horse and circle right hand in air like you're twirling a lasso

PART B

- 1-4 Swivel steps forward right, left, right, left/clap
- &5&6&7&8 Hop back right-left 4 times
- 9-16 Repeat 1-8

PART C

- 1-2 Step right to right side, step left next to right
- 3&4 Shuffle to right side right, left, right
- 5-6 Step left to left side, step right next to left
- 7&8 Shuffle to left side left, right, left

- 1-2 Step right forward, step left next to right
- 3&4 Shuffle forward right, left, right
- 5-6 Step left back, step right next to left
- 7&8 Shuffle backward left, right, left

- 1&2 Rock right to right, recover on left, cross right over left
- 3&4 Rock left to left, recover on right, cross left over right
- 5-8 Repeat 1-4

- 1-4 Each with a ¼ turn right- step forward right, left, right, left
- 5-6 Step back right, step left next to right
- 7&8 Jump forward three times