

Jump Jump

COPPER KNOB
STEPPERS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Doug Miranda (USA), Jackie Miranda (USA) & Anni Wunderlich (USA) - January 2020
音乐: Jump (For My Love) - The Pointer Sisters : (Album: The Best of The Pointer Sisters)



Dance starts after 48 counts with vocals

Set 1: Step Back with Hip Bumps, Step Back with Hip Bumps, Rock Back, Recover, Shuffle Forward

1&2 Step back on R as you bump R hip down (sit position), bump L hip up, bring R hip down
3&4 Step back on L as you bump L hip down (sit position), bump R hip up, bring L hip down
5-6 Rock back on R, recover on L
7&8 Shuffle forward R, L, R

Set 2: Step ½ Turn, Shuffle Forward, Hip Rolls ½ Turn

1-2 Step forward on L, turn ½ turn R stepping forward on R
3&4 Shuffle forward L, R, L
5-6 Step slightly forward on R and rolls hips counterclockwise ¼ turn L (weight ending on L)
7-8 Step slightly forward on R and rolls hips counterclockwise ¼ turn L (weight ending on L)

Set 3: Rocking Horse, Bump Hips with Panning Arm Move

1-4 Rock forward on R, recover back on L, rock back on R, recover forward on L
5-8 Step R to R side (feet are apart) bump R hip as you look from L to R and either point R index finger

or have palm of R hand facing up as you pan R arm from L to R (weight on R on count 8)

Set 4: Bump Hips with Panning Arm Move, Pivot 1/2 Turn, Pivot 1/2 Turn

1-4 Switch weight to L (feet are still apart) and bump L hip as you look from R to L and either point L index finger or have palm of L hand facing up as you pan L arm from R to L (weight on L on count 4)
5-8 Step forward on R, pivot ½ turn L (weight on L), step forward on R, pivot ½ turn L (weight on L)

*(BRIDGE WILL OCCUR HERE)

Set 5: Jump Forward Out-Out, Clap, Jump Back Out-Out, Clap, Hip Bumps

&1-2 Jump forward with feet apart R, L for counts &1, clap on count 2
&3-4 Jump back with feet apart R, L for counts &3, clap on count 4
5-8 Bump R hip to R side for counts 5-6; bump L hip to L side for counts 7-8 (weight ends on L)

Set 6: ¼ Turn Step Back, Step Back, Back Coaster Step, Full Turn Forward, Shuffle Forward

1-2 Turn ¼ turn L (9 o'clock wall) as you step back on R, step back on L
3&4 Step back on R, step L next to R, step forward on R
5-6 Two count full turn stepping forward on L, turn 1/2 half turn L stepping back on R, turn ½ turn L
7&8 Shuffle forward L, R, L (still facing 9 o'clock)

Set 7: Side Ball Cross, Hold, Hip Bumps with Arm Rolls and Hand Gestures

&1-2 Step R to R side, cross L over R (weight on L), hold on count 2
3-4 Step R to R side as you bump hips R twice and roll arms to upper L side (count for rolling arms 3&4)
5-6 Shift weight to L as you bump hips L twice and roll arms to upper R side (count for rolling arms 5&6)

7-8 Shift weight to R as you bump hips R twice for 7-8 and “slice” hands (palms facing away from you), arms bent with R hand slightly higher than L, switching them like a “karate chop”(counts 7&8)

Set 8: Side Rock, Recover, And Step Together, Side Rock, Recover, Step Behind, ¼ Turn, Rock Forward, Recover

1-2 Side rock L to L side, recover on R

&3-4 Step L next to R, rock R to R side, recover on L

5-8 Step R behind L, turn ¼ L on L, rocking forward on R, recover back on L

START AGAIN!

***BRIDGE: After you have danced the dance to the front wall and back wall, dance the first 32 counts of the dance (Sets 1-4) and then the following 16 counts : (you will be at the front wall)**

SIDE POINTS

1-2 Point R to R side, hold

&3-4 Step R next to L, point L to L side, hold for count 4

&5&6 Step L next to R, point R to R side, step R next to L, point L to L side

&7-8 Step L next to R, point R to R side, hold for count 8

PADDLE TURNS

&1-2 Hitch R, turn 1/4 L as you push hips to R bringing weight to R, then push hips to L (9 o'clock)

3-4 Turn 1/4 L as you push hips to R bringing weight to R, then push hips to L (6 o'clock)

5-6 Turn 1/4 L as you push hips to R bringing weight to R, then push hips to L (3 o'clock)

7-8 Turn 1/4 L as you push hips to R bringing weight to R, then push hips to L (12 o'clock)

Then continue the dance where you were before the tag which is at SET 5 (NOT A RESTART)

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