拍数： 64
壇数： 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
$3 \& 4 \quad$ 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 $1 / 2$ Turn，Shuffle Forward，Hip Rolls $1 / 2$ Turn
1－2 Step forward on $L$ ，turn $1 / 2$ turn $R$ stepping forward on $R$
3\＆4 Shuffle forward $L, R, L$
5－6 Step slightly forward on $R$ and rolls hips counterclockwise $1 / 4$ turn $L$（weight ending on $L$ ）
7－8 Step slightly forward on $R$ and rolls hips counterclockwise $1 / 4$ 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 $1 / 2$ turn $L$（weight on $L$ ），step forward on $R$ ，pivot $1 / 2$ 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： $1 / 4$ Turn Step Back，Step Back，Back Coaster Step，Full Turn Forward，Shuffle Forward
1－2 Turn $1 / 4$ 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 $1 / 2$ 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 $\quad$ Shift weight to $L$ as you bump hips $L$ twice and roll arms to upper $R$ side（count for rolling arms 5\＆6）

# Set 8: Side Rock, Recover, And Step Together, Side Rock, Recover, Step Behind, 1/4 Turn, Rock Forward, 

 Recover1-2 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 $1 / 4 L$ 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 $1 / 4 \mathrm{~L}$ as you push hips to R bringing weight to R , then push hips to L (9 o'clock)
3-4 Turn $1 / 4 \mathrm{~L}$ as you push hips to $R$ bringing weight to $R$, then push hips to $L$ ( 6 o'clock)
5-6 Turn $1 / 4 \mathrm{~L}$ as you push hips to $R$ bringing weight to $R$, then push hips to $L$ ( 3 o'clock)
7-8 Turn $1 / 4 \mathrm{~L}$ 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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