

Jump In

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Chris Watson (AUS)
音乐: Jump (For My Love) - Girls Aloud



- &1-2&3-4 Jump right foot forward and out to right side, jump left forward and out to left side and clap, jump right back and to center, jump left together and clap
- &5&6&7&8 Jump right foot out to right side, jump left foot to left side, jump right to center and left together and repeat, taking weight onto left
- 1-2-3-4 Step right foot and bounce right heel 3 times
- 5-6&7&8 Rock forward onto left and back onto right, step left foot back and step right heel 45, step right foot back and left 45
- &1-2-3&4 Step left foot back and right forward doing a $\frac{1}{4}$ turn via left, take weight to left, cross shuffle right over left, left to left side and right over left
- 5-6&7&8 Rock left to left side, rock weight back onto right, step left behind right, right to right side and cross left over right
- 1-2-3&4 Touch right toe to right side, doing a $\frac{1}{2}$ turn via your right, rock left to left side, weight back onto right and cross left over right
- 5&6&7&8 Right heel 45, left heel 45, 2 right heel 45s

REPEAT

RESTART

At the start of the 6th wall do the 1st 8 beats, then restart wall 6, (3:00)

TAG

At end of wall 11 (9:00 wall)

- 1&2&3-4 Step right foot pushing hips forward right, then back to left, then right, left, right then clap
- 5&6&7-8 Step left foot forward pushing hips left, right, left, right, left clap
- 1-2-3-4 Strut back on right, strut back on left
- 5-6-7-8 Step right to right side pushing hips, right, left, right, left

Start the dance from the beginning