

Jump Up!

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Lauren Peacock (AUS)
音乐: Jump Up - Da Beat Bros.



Starts after the words "Mr. C". Count 5,6,7,8, then start.

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|---------|--|
| 1-2 | Jump both feet to the right, then left |
| & | Quickly hook right foot in front & down low on shin of left leg |
| 3&4 | Right shuffle forward |
| 5&6 | Step forward left, pivot ½ turn right, step forward left |
| 7&8 | Shuffle forward on right |
| | |
| 1&2&3 | Three running men |
| &4 | Twist both heels to the left |
| 5&6 | Two paddle turns turning ¼ turn left each one |
| &7&8 | One paddle turn turning a further turn to the left, tap right foot out to side |
| | |
| 1&2 | Kick right out in front, replace & touch left to left side |
| 3&4 | Kick left out in front, replace & touch, step foot out to side |
| 5-6 | Stomp right forward, clap x 1 |
| &7&8 | Step left up beside right, step right forward, 2 claps |
| | |
| 1&2 | Left coaster forward |
| 3&4 | Right coaster back |
| 5-6 | Step left forward and ½ turn to the right, weight onto right |
| 7& | Step left forward, ½ turn hitching the right & clap |
| 8& | Step right ½ turn, hitching the left & clap (completing 1 full turn) |
| | |
| 1-2&3&4 | Sync vine to the left place left heel out at 45 degrees |
| 5-6&7&8 | Sync vine to the left place right heel out to 45 degrees |
| 1-2 | Step left forward, turn ½ turn to right |
| 3&4 | Turning triple step...completing 1 full turn to right, moving slightly forward |
| 5-6 | Two walks right-left |
| &7&8 | Two backstreet boy steps (jump both feet apart, body facing 45 degrees left, jump feet together, jump both feet apart, body facing 45 degrees right, jump feet together) |

REPEAT
