拍数： 64
墙数： 4
级数：Phrased Easy Intermediate
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音乐：Jump Into My Bed－Lou Bega


32 count intro start on vocal
Sequence：A，A，A，B，A，A，A，B，A，A，A，B
PART A－ 32 COUNT：
（1－8）RIGHT CHASSE，CROSS ROCK－RECOVER，LEFT CHASSE，CROSS－1⁄4 TURN RIGHT
1\＆2
3－4
5\＆6
7－8
（9－16）ROCK BACK－RECOVER，TRIPLE $1 / 2$ TURN， $1 ⁄ 4$ TURN－TOGETHER，LEFT SHUFFLE FWD
1－2
3\＆4
5－6
7\＆8
（17－24）RIGHT ROCKING CHAIR，RIGHT SHUFFLE FWD，CROSS－1⁄4 TURN
1－2 rock forward Right，recover on Left
3－4 rock back Right，recover on Left
$5 \& 6$ step forward Right，step Left together，step forward Right
7－8 cross Left over Right， $1 / 4$ turn Left by stepping back on Right（3）
（25－32）SIDE－HOLD，AND－SIDE ROCK－RECOVER，BEHIND－SIDE－CROSS，SIDE ROCK－RECOVER
1－2 step Left to Left side（or stomp Left to Left side），hold
\＆3－4 step Right together，rock Left to Left side，recover on Right
5\＆6 step Left behind Right，step Right to Right side，cross left over Right
7－8 rock Right to Right side，recover on Left and low filick back on Right（3）
PART B－ 32 COUNT（every time start facing 9 o＇clock wall and finishing facing 12 o＇clock wall）：
（1－8）OUT－HOLD，OUT－HOLD，RIGHT AND LEFT SHUFFLE BACK
1－2 step out forward on Right，hold
3－4 step out forward on Left（shoulder apart），hold
$5 \& 6 \quad$ angling your body toward Right corner step back Right，step Left together，step back Right
7\＆8 angling your body toward Left corner step back Left，step Right together，step back Left
（9－16）JUMP BACK－HOLD，JUMP BACK－HOLD，RIGHT AND LEFT TOE STRUTS
1－2 with both feet together small jump back，hold
3－4 with both feet together small jump back（ending weight on Left），hold
Alternative steps 1－4：step back Right，hold，step back Left，hold
5－6 touch Right toe forward，drop Right heel on the floor
7－8 touch Left toe forward，drop Left heel on the floor
（17－24）REPEAT COUNT 1－8
（25－32）JUMP BACK－HOLD，JUMP BACK－HOLD，FORWARD TOE STRUT，¼ TURN TOE STRUT
with both feet together small jump back，hold
3－4 with both feet together small jump back（ending weight on Left），hold
Alternative steps 1－4：step back Right，hold，step back Left，hold

