

# Jump Up & Fly

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Easy Beginner  
编舞者: Farly Iguchi (JP) & Lily Iguchi (JP) - September 2010  
音乐: One Woman Man - Josh Turner : (CD: Everything Is Fine)



Intro:32 count

## (1-8) VINE RIGHT TOUCH, VINE LEFT TOUCH

1-2            step R to right(1), step L behind R(2)  
3-4            step R to right(3), touch L beside R(4)  
5-6            step L to left(5), step R behind L(6)  
7-8            step L to left(7), touch R beside L(8)

## (9-16) TOE STRUT, 1/4 TURN TOE STRUT X 2

1-2            touch R toe next to L(1), down R heel in place(2)  
3-4 1          /4 turn left, touch R toe next to L (3), down R heel in place (4) [9:00]  
5-6            touch R toe next to L(5), down R heel in place(6)  
7-8 1          /4 turn left, touch R toe next to L (7), down R heel in place (8) [6:00]

## (17-24) HEEL TOUCH, TOGETHER, X 4

1-2            touch R heel forward(1), step R next to L(2)  
3-4            touch L heel forward(3), step L next to R(4)  
5-6            touch R heel forward(5), step R next to L(6)  
7-8            touch L heel forward(7), step L next to R(8)

### Option:

1-2            touch R heel forward(1), touch R toe next to L(2)  
3-4&          touch R heel (3) , touch R heel(4), pop step R next to L(&)  
5-6            touch L heel forward(5), touch L toe next to R(6)  
7-8&          touch L heel forward(7), touch L heel forward(8), step L next to R(&)

## (25-32) KICK BALL CHANGE, STEP FORWARD, PIVOT 1/2 TURN LEFT, MONTEREY 1/4 TURN RIGHT

1&2            kick R forward(1), step on ball of R next to L(&), step L next to R(2)  
3-4            step R forward(3) , pivot 1/2 turn left(4) [12:00]  
5-6            point R to right side(5), 1/4 turn right stepping R next to L(6) [3.00]  
7-8            point L to left side(7), step L next to R(8)

## START AGAIN

Farly passed away on October 8th 2010 because of cancer. These 3 dances were choreographed by two of us during his stay at the hospital. We wished to create more steps together. I would be happy if you could enjoy these dances. Lily