Jump If Ya Wanna

拍數: 64

級數: Phrased Intermediate

編舞者: Mark Furnell (UK) & Ryan Barnard - January 2012

音樂: Jumpstart - Tatyana D'voce

Sequence : 32 count intro, A, B, A, A, B, A, Tag, A, B, A, B, A

Part A - 32 counts

JAZZ BOX CROSS. CHASSE. SHUFFLE 1/4 TURN.

- 1-2 Cross Rt over Lt, Step back on Lt
- 3-4 Step Rt to Rt, Cross Lt over Rt
- Step Rt to Rt, Close Lt to Rt, Step Rt to Rt 5&6
- Step fwd Lt making ¼ turn Lt, Close Rt to Lt, Step fwd Lt 7&8

WALK, WALK, STEP TURN, BEHIND, SIDE, CROSS, SWIVEL, SWIVEL, HOOK

- 1-2 Walk fwd Rt, Walk fwd Lt.
- 3-4 Step fwd Rt, Pivot ¼ turn Lt on Lt.
- 5&6 Step Rt behind Lt, Step Lt to Lt, Cross Rt over Lt
- Swivel heels Rt, Lt, Rt, making 1/2 turn left and hook Lt over Rt. 7&8

STEP. TURN FLICK, ROCK STEP. HIP BUMPS, HIP BUMPS.

- 1-2 Step fwd Lt, Pivot ¹/₂ turn on Lt and flick Rt foot Back.
- 3-4 Rock fwd Rt, Replace on Lt
- 5&6 Step Fwd on Rt and Bump Hips, Rt, Lt, Rt
- 7&8 Step fwd on Lt and Bump hips, Lt, Rt, Lt (weight end on Lt)

WALK BACK, BACK, POINT TURN, BEHIND SIDE CROSS, SWIVEL, SWIVEL, SWIVEL

- Step back Rt, Step back Lt 1-2
- 3-4 Point Rt toe back, Pivot 1/4 turn Rt on Lt
- 5&6 Step Rt behind Lt, Step Lt to Lt, Cross Rt over Lt
- 7&8 Swivel both heels, Rt, Lt, Rt making 1/2 turn left. (weight must end on Left)

PART B - 32 counts

CROSS, TOGETHER, BOUNCE, BOUNCE, ROCK AND CROSS, ROCK AND CROSS

- 1-2 Cross Rt over Lt, Close Lt next to Rt
- 3-4 Bounce both heels twice
- 5&6 Rock Rt to Rt, replace Lt and cross Rt over Lt
- 7&8 Rock Lt to Lt, replace Rt and cross Lt over Rt.

STEP ¼ TURN, CLOSE ¼ TURN, BOUNCE, BOUNCE, ROCK AND CROSS, ROCK AND CROSS

- 1-2 Step Rt to Rt making ¼ turn Lt, Close Lt to Rt making ¼ turn Lt
- 3-4 Bounce both heels twice
- 5&6 Rock Rt to Rt, replace Lt and cross Rt over Lt
- Rock Lt to Lt, replace Rt and cross Lt over Rt. 7&8

STEP ¼ TURN. STEP ½ TURN. CLOSE AND JUMP. JUMP. MAMBO STEP. COASTER STEP

- 1-2 Step Rt to Rt making 1/4 turn Lt, Step fwd Lt making 1/2 turn Lt
- 3-4 Close Rt to left and jump fwd twice. (weight ends on left)
- 5&6 Rock fwd on Rt, Replace Lt, Close Rt to Lt.
- 7&8 Step back Lt, Close Rt to Lt, Step fwd Lt

STEP ½ TURN, CLOSE AND JUMP, JUMP, MAMBO STEP, COASTER STEP

1-2 Step fwd Rt, Pivot 1/2 turn Lt on Lf





牆數:4

- 3-4 Close Rt to left and jump fwd twice. (weight ends on left)
- 5&6 Rock fwd on Rt, Replace Lt, Close Rt to Lt.
- 7&8 Step back Lt, Close Rt to Lt, Step fwd Lt

TAG - JAZZ BOX

- 1-2 Cross Rt over Lt, Step back on Rt.
- 3-4 Step Rt to Rt, Close Lt to Rt