

# Jumpin Up

Count: 32

Wand: 4

Ebene: Beginner (Jump Style)

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Musik: Jumpin Up - Sushy



## Note:

Each count is bound jump so. A foot executes the moves.  
Is on the other foot jump at each clock (slightly springy)

## Begin with the Lyrics!

### Cross-heel, together, heel

- 1&2 Touch RHeel crossed RFver LF step right beside LF - LHeel crossed in front RF (Touch)
- &3,4 Step LF beside RF - RHeel 2x crossed over LF (Touch)
- 5&6 Touch LHeel crossed over RF - step LF beside RF - RHeel crossed over LF (Touch)
- &7,8 Step RF beside LF - LHeel 2 times crossed in front RF (Touch)

### Heel, heel, toe toe (Hardjump)

- 1,2 Step LF beside RF slightly tilt and slightly bent stretch forward so that the heel touches the floor (2x) Jump while on LF slightly forward Jump
- 3,4 RF slightly tilt and slightly bent backwards to stretch so that the foot touches the ground (2x) while on LF slightly backwards Jump
- 5 RF slightly tilt and slightly bent stretch forward so that the heel touches the ground while on LF slightly forward
- 6 RF slightly tilt and slightly bent backwards to stretch so that the foot touches the ground while jumping on LF slightly backwards
- 7,8 Repeat Counts 5.6 this section

### Heel, Flick (Running Man)

- 1 RF slightly tilt and slightly bent stretch forward so that the heel touches the ground
- 2 Step right under the body, LF slightly backwards bend
- 3 LF slightly bent and slightly bent stretch forward so that the heel touches the ground
- 4 LF under body, RF slightly backwards bend
- 5-8 Repeat Counts 1-4 this section

### Jazz box 1/4 turn R (can be gejump)

- 1,2 Cross RF over LF - 1/4 R-rotation and LF step backwards
- 3,4 Step RF to R - Settle LF beside RF
- 5,6 Cross RF over LF - step LF back
- 7,8 Step R to R Settle LF beside RF

.. And from the beginning

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