Jump Start



Count: 32 Wand: 4 Ebene: Intermediate

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Musik: I've Had Enough - The Tractors



3 PROGRESSIVE FORWARD STEPS ON RIGHT; CLAP; REPEAT

Step right slightly forward leading with ball of right foot and keeping weight on left; step right slightly further forward leading with ball of right foot and keeping weight on left; step right

slightly further forward leading with ball of right foot (transfer weight to right on count 3) step

left together with right (transfer weight to left) and clap**

5-8 Repeat 1-4

**Optional Hat Trick with forward steps: With hat on head, hold front brim of hat with right hand during counts 1-3 and 5-7; (or snap right fingers during counts 1-3 and 5-7)

RIGHT FORWARD; 1/2 LEFT PIVOT; FOOT ROCKS; CLAP

1-2 Step right forward; touch left next to right

3-4 Pivot ½ left on ball of right foot and step left forward; touch right next to left heel and slightly

apart and back from heel

knee forward and slap with right

Rock back onto right heel (transfer weight to right) and lift left heel off floor; rock forward onto 5-6

left (transfer weight to left) and lift right heel off floor**

7-8 Rock back onto right heel (transfer weight to right) and lift left heel off floor; hold and clap

GRAPEVINE LEFT; KNEE SLAPS

1-2	Step left to left side; step right behind left
3-4	Step left to left side; hitch right knee up at 45 degrees to the right and slap with right hand
5-6	Step right forward at 45 degrees right (at 2:00); hitch left knee forward and slap with left hand
7-8	Step left backward at 45 degrees (body stays angled right; left toes point at 2:00); hitch right

CENTER RIGHT; LEFT TOE SPIRAL; PIVOT 1/4 LEFT; HEEL SPLIT; RIGHT FOOT AND KNEE SLAPS

1-2	Step right to center; hook left toes behind and onto right side of right lower leg
3-4	Pivot 1/4 left on ball of right foot;** step left foot next to right (now facing left wall)
5-6	Swivel right heel to right and left heel to left (heel split); bring heels together at center
7-8	Slap right side of right foot with right hand; hitch right knee up at center and slap right knee with right hand

^{**}Optional Hat Trick with ¼ pivot: With hat on head, hold front brim of hat with right hand and pivot ¼ left on count 3

REPEAT

^{**}Optional Hat Trick with foot rocks: With hat on head, tip front brim of hat down with right hand on count 5, up on count 6, and down on count 7 (clap on count 8)