|  |  |
| --- | --- |
| Jumpin Up |  |

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| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner (Jump Style) | . |
| **Choreographer:** | Ole Jacobson (DE) - August 2015 | | | | |
| **Music:** | 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 gejumpt)**

|  |  |
| --- | --- |
| 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**