

Jamba Jump (大跳熱舞) (zh)

COPPER KNOB
STYFSMETS

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Jamba - Anjulie



前奏: Intro: Dance starts after 8 counts 8拍後起跳

PART A A部份 56拍

第一段 Out, Out, Shuffle Side (2x) 大, 大, 側交換 共二次

- 1 RF Step to right side 右足右踏
- 2 LF Step to left side 左足左踏
- 3 RF Step to right side 右足右踏
- & LF Close next to RF 左足併踏
- 4 RF Step to right side 右足右踏
- 5 LF Step to left side 左足左踏
- 6 RF Step to right side 右足右踏
- 7 LF Step to left side 左足左踏
- & RF Close next to LF 右足併踏
- 8 LF Step to left side 左足左踏

第二段 Syncopated Jazzbox ¼ Turn R, Cross Shuffle, Step, Sailor Step ¼ Turn L 變奏爵士方塊右1/4, 交叉交換, 踏, 左1/4轉水手

- 1 RF Cross over LF 右足於左足前交叉踏
- & LF ¼ turn right stepping backwards 右轉90度左足後踏
- 2 RF Step to right side 右足右踏
- 3 LF Cross over RF 左足於右足前交叉踏
- & RF Close behind LF 右足併踏
- 4 LF Cross over RF 左足於右足前交叉踏
- & RF Close behind LF 右足併踏
- 5 LF Cross over RF 左足於右足前交叉踏
- 6 RF Step to right side 右足右踏
- 7 LF Step behind RF 左足於右足後踏
- & RF ¼ turn left stepping to right side 左轉90度右足右踏
- 8 LF Step forward 左足前踏

第三段 Walk, Walk, Shuffle Fwd, Step, ½ Turn R, Step, ¼ Turn R 走, 走, 前交換, 踏, 轉, 踏, 1/4

- 1 RF Step forward 右足前踏
- 2 LF Step forward 左足前踏
- 3 RF Step forward 右足前踏
- & LF Close next to RF 左足併踏
- 4 RF Step forward 右足前踏
- 5 LF Step forward 左足前踏
- 6 RF ½ turn right stepping forward 右轉180度右足前踏
- 7 LF Step forward 左足前踏
- 8 RF ¼ turn right stepping to right side 右轉90度右足右踏

第四段 **Cross, Rockstep, Cross, ½ Turn R, Kick, Rockstep, Syncopated Jazz Box**
交叉, 下沉 回復, 交叉, 右1/2, 踢, 下沉 回復, 變奏爵士方塊

- 1 LF Cross over RF 左足於右足前交叉踏
- & RF Step to right side 右足右下沉
- 2 LF Recover 左足回復
- 3 RF Cross over LF 右足於左足前交叉踏
- & LF ¼ turn right stepping backwards 右轉90度左足後踏
- 4 RF ¼ turn right stepping to right side 右轉90度右足右踏
- 5 LF Kick forward 左足前踢
- & LF Close next to RF 左足併踏
- 6 RF Step to right side 右足右踏
- & LF Recover 左足回復
- 7 RF Cross over LF 右足於左足前交叉踏
- & LF Step back 左足後踏
- 8 RF Step to right side 右足右踏

第五段 **Cross, Step, Sailor Step ¼ Turn L, Step, ½ Turn L, Step, ¼ Turn L**
交叉, 踏, 左1/4轉水手, 踏, 轉, 踏, 1/4

- 1 LF Cross over RF 左足於右足前交叉踏
- 2 RF Step to right side 右足右踏
- 3 LF Step behind RF 左足於右足後交叉踏
- & RF ¼ turn left stepping to right side
左轉90度右足右踏
- 4 LF Step forward 左足前踏
- 5 RF Step forward, ½ turn left 左轉180度右足前踏
- 6 LF Step forward 左足前踏
- 7 RF Step forward, ¼ turn left 左轉90度右足前踏
- 8 LF Step to left side 左足左踏

第六段 **Touch 2x, Sailor Step ¼ Turn R, Heel 2x, Step, ¼ Turn R**
點 點, 右1/4轉水手, 踵 踵, 踏 右1/4

- 1 RF Touch forward 右足前點
- 2 RF Touch to right side 右足右點
- 3 RF Cross behind LF 右足於左足後交叉踏
- & LF ¼ turn right stepping to left side
右轉90度左足左踏
- 4 RF Step forward 右足前踏
- 5 LF Heel forward 左足踵前點
- & LF Close next to RF 左足併踏
- 6 RF Heel forward 右足踵前點
- & RF Close next to LF 右足併踏
- 7 LF Step forward 左足前踏
- 8 RF ¼ turn right stepping to right side
右轉90度右足右踏

第七段 **Cross Shuffles, Step, Jump, Hip Bumps**
交叉交換, 踏, 跳, 推臀

- 1 LF Cross over RF 左足於右足前交叉踏
- & RF Close behind LF 右足併踏

- 2 LF Cross over RF 左足於右足前交叉踏
 & RF Close behind LF 右足併踏
 3 LF Cross over RF 左足於右足前交叉踏
 & RF Close behind LF 右足併踏
 4 LF Cross over RF 左足於右足前交叉踏
 5 RF Step to right side 右足右踏
 6 ¼ turn left jumping feet together (LF towards RF)
 左轉90度雙腳併踏
 7 hip bump to right 右推臀
 & Recover hip 回復
 8 Hip bump to right 右推臀

PART B B部份 32拍

**第一段 Jump 3x, ½ Turn L, Step, Hitch, Shuffle R
 跳三次, 2拍左轉, 右 併抬 右追步**

- 1 Jump up (feet together) 雙腳併跳
 & Jump out (feet apart) 雙腳分開跳
 2 Jump RF across LF 右足於左足前交叉跳
 3-4 unwind ½ turn left (weight ends on LF) 左繞轉180度(結束在左足)
 5 RF Step to right side 右足右踏
 6 LF Close next to RF and hitch right knee
 左足併踏右膝抬
 7 RF Step to right side 右足右踏
 & LF Close next to RF 左足併踏
 8 RF Step to right side 右足右踏

**第二段 Turning Vine L, Jump 2x, Out - Out, Jump 3x Making A ½ Turn R
 華倫轉, 跳二次, 大 大, 跳三次右轉1/2**

- 1 LF ¼ turn left stepping forward
 左轉90度左足前踏
 2 RF ½ turn left stepping back
 左轉180度右足後踏
 3 LF ¼ turn left stepping to left side
 左轉90度左足左踏
 & Jump feet together and slightly to left side
 雙腳合併略向左跳
 4 Jump feet together and slightly to left side
 雙腳合併略向左跳
 5 RF Step to right side 右足右踏
 6 LF Step to left side 左足左踏
 7 LF Start ½ turn right while jumping on LF and keep right leg up, right knee is bend 右轉60度左足跳右膝彎
 & LF Keep turning right while jumping on LF and keep right leg up, right knee is bend 右轉60度左足跳右膝彎
 8 LF Finish ½ turn right while jumping on LF and keep right leg up, right knee is bend 右轉60度(完成三次共轉180度) 左足跳右膝彎

**第三段 Sailorstep, Weave, Monterey Turn R, Touch 2x
 水手步, 藤步, 蒙特瑞轉, 點收點**

- 1 RF Step behind LF 右足於左足後踏
 & LF Step to left side 左足左踏
 2 RF Step to right side 右足右踏

- 3 LF Step behind RF 左足於右足後踏
- & RF Step to right side 右足右踏
- 4 LF Cross over RF 左足於右足前交叉踏
- 5 RF Touch to right side 右足右點
- 6 RF ½ turn right closing RF next to LF 右轉180度右足併踏
- 7 LF Touch to left side 左足左點
- & LF Close next to RF 左足併踏
- 8 RF Touch to right side 右足右點

第四段 Turning Vine, Jump 2x, Out, Out, Jump 2x, Close
華倫轉, 跳二次, 大, 大, 跳二次, 併

- 1 RF ¼ turn right stepping forward
右轉90度右足前踏
- 2 LF ½ turn right stepping back
右轉180度左足後踏
- 3 RF ¼ turn right stepping to right side
右轉90度右足右踏
- & Jump feet together, slightly to right side
雙腳合併略向右跳
- 4 Jump feet together, slightly to right side
雙腳合併略向右跳
- 5 LF Step to left side 左足左踏
- 6 RF Step to right side 右足右踏
- 7 RF Start ½ turn left while jumping on RF and keep left leg up, left knee is bend 左轉60度右足跳左膝彎
- & RF Keep turning left while jumping on RF and keep left leg up, left knee is bend 左轉60度右足跳左膝彎
- 8 LF Finish ½ turn left while closing LF next to RF
左轉60度(完成三次共轉180度) 左足併踏

PART C C部份 36拍

第一段 Walk 4x With Shimmy Shoulders, Syncopated Jazzbox ¼ Turn R, Cross Shuffle 走步帶抖肩共四次, 右1/4 爵士方塊, 交叉交換

- 1-4 Walk forward R, L, R, L and doing Shimmy shoulders
以雙肩抖動方式前走四步-右, 左, 右, 左
- 5 RF Cross over LF 右足於左足前交叉踏
- & LF ¼ turn right stepping backwards
右轉90度左足後踏
- 6 RF Step to right side 右足右踏
- 7 LF Cross over RF 左足於右足前交叉踏
- & RF Close behind LF 右足於左足後踏
- 8 LF Cross over RF 左足於右足前交叉踏

第二段 ½ Turn L, ¼ Turn L Siccorstep, Shake L Leg, Shake R Leg
1/4 1/4 踏, 踏 1/4 交叉, 抖左腿, 抖右腿

- 1 RF ¼ turn left stepping back
左轉90度右足後踏
- 2 LF ¼ turn left stepping forward
左轉90度左足前踏
- 3 RF Step forward 右足前踏
- & LF ¼ turn left closing LF next to RF 左轉90度左足併踏
- 4 RF Cross over LF 右足於左足前交叉踏
- 5&6 Raise left leg up to the side and shake it
左腿抬向左, 搖擺它(小狗尿尿)

- & LF Close next RF 左足併踏
- 7&8 Raise right leg up to the side and shake it
右腿抬向右, 搖擺它(小狗尿尿)
- & RF Close next to LF 右足併踏

第三段 Walk 4x With Shimmy Shoulders, Syncopated Jazzbox ¼ Turn L, Cross Shuffle 走步帶抖肩共四次, 左1/4爵士方塊, 交叉交換

- 1-4 Walk forward L, R, L, R and doing Shimmy shoulders
以雙肩抖動方式前進四步-左, 右, 左, 右
- 5 LF Cross over RF 左足於右足前交叉踏
- & RF ¼ turn left stepping backwards
左轉90度右足後踏
- 6 LF Step to left side 左足左踏
- 7 RF Cross over LF 右足於左足前交叉踏
- & LF Close behind RF 左足於右足後踏
- 8 RF Cross over LF 右足於左足前交叉踏

**第四段 ½ Turn R, ¼ Turn R Siccorstep, Shake R Leg, Shake L Leg
1/4 1/4 踏, 踏 1/4 交叉, 抖右腿, 抖左腿**

- 1 LF ¼ turn right stepping back
右轉90度左足後踏
- 2 RF ¼ turn right stepping forward
右轉90度右足前踏
- 3 LF Step forward 左足前踏
- & RF ¼ turn right closing RF next to LF
右轉90度右足併踏
- 4 LF Cross over RF 左足併踏
- 5&6 Raise right leg up to the side and shake it
右足抬向右踏, 搖擺左足
- & RF Close next LF 右足併踏
- 7&8 Raise left leg up to the side and shake it
左足抬向左踏, 搖擺左足
- & LF Close next to RF 左足併踏

**第五段 Out With Hip Bump R, Hip Bump L, Hip Back, Jump
右推臀, 左推臀, 後推臀, 併跳**

- 1 RF Step to right side and 右足右踏右推臀
 - 2 Push hip to left 左推臀
 - 3 Push your bottom back 後推臀
 - 4 Jump together 雙腳併跳
-