

Jump In

拍数: 144 墙数: 0 级数: Phrased Intermediate
编舞者: Melvin Tan (MY) - August 2015
音乐: Jump In - A-Mei (張惠妹)



Dance Start from 16 counts

Sequence: Intro, A, B, Tag, A, B, Ending

Intro / Tag / Ending (16 counts)

Section 1: Side Rock Recover, Hold x2

1 2 3 4 Step RF to R, Recover on LF, Step RF next to LF, Hold
5 6 7 8 Step LF to L, Recover on RF, Step LF next to RF, Hold

Section 2: Step Forward, Pivot 1/2 Turn, Step Forward, Pivot 1/2 Turn

1 2 3 4 Step RF Forward, Hold, Pivot 1/2L Turn, Hold
5 6 7 8 Step RF Forward, Hold, Pivot 1/2L Turn, Hold

PART A (96 counts)

Section A1: Step Touch x2, Cross Shuffle x2

1 2 3 4 Step RF forward, Touch LF to L, Step LF forward, Touch RF to R,
5&6 7&8 Cross RF over LF shuffle (R,L,R), Cross LF over RF shuffle (L,R,L)

Section A2: Step RF to R, Knee Pop, 1/4R Turn, Step RF Back, Heel Switches

1 2 3 4 Step RF to R, Pop Right Knee in, slightly 1/4R Turn, Step RF Back
5&6 R Heel Tap Forward, Quick Change (&), L Heel Tap Forward,
&7&8& Quick Change (&), R Heel Forward, Quick Change (&), L Heel Forward, Quick Change (&)

Section A3: Step RF Forward, 1/4L Turn, Hold, Stomp

1 2 3 4 Step RF Forward, 1/4L Turn, Hold 3,4
5 6 7 8 Stomp on RF, LF, RF, LF

Section A4: Touch RF Forward Hip Roll Twist, 1/2 Turn, Step together

1 2 3 4 Touch RF Forward Hip roll Clock wise twice
5 6 7 8 Strictly 1/2L Turn Step RF Forward, Pivot 1/2L Turn, Step RF Forward, Step LF Together

Section A5: Heel Split, Stomp, Stomp x2

1 2 3&4 Both heel Split Out, In, Out, Step LF on Ball, Step RF together
5 6 7&8 Both heel Split Out, In, Out, Step LF on Ball, Step RF together

Section A6: Heel Split, Stomp, Stomp, Step Back on LF, RF, LF, Head Turn

1 2 3&4 Both heel Split Out, In, Out, Step LF on Ball, Step RF together
5 6 Step Back on LF with sit pose (weight on LF), Step back on RF with sit pose (weight on RF)
7 & 8 Step Back on LF with sit pose (weight on LF), Head Turn to Left & Middle

Section A7: Forward Lock Step

1 2 3 4 Step RF Forward, Lock LF Behind, Step RF Forward, Lock LF Behind
5 6 7 8 Step RF Forward, Lock LF Behind, Step RF Forward, Lock LF Behind

Section A8: Step, Hold, Touch Forward Hip Bump, Back Touch 2x

1 2 3 4 Step LF to Left, Hold, Touch RF Forward hip bump, Step on RF
5 6 7 8 Step LF Back, Touch RF beside LF, Step RF Back, Touch LF beside RF

Section A9: Jump, Jump, 1/4 Turn Step Touch, 1/2 Turn Step Touch, Chest Pop

1 2 3 4 Hop to right, Hop to left, Step RF to R, 1/4L Touch LF beside RF
5 6 7 8 1/2R Turn step LF to L, Touch RF beside LF, Popping chest twice

Section A10: □Step with bend knee, Body Up, Hip Roll, Sway, Hip Bump, Jump Apart

1 2 3 4 Step RF to R with bend both knee, Body up, Right Hip roll twice,
5 6 7 8 Sway Hip to right, Bump Hip to Left twice, Jump Apart.

Section A11: □Jump, Jump, Tap, Tap, Stomp

1 2 3 4 Hop to right, Hop to Left, Tap LF to left twice,
5 6 7 8 Stomp RF, LF, RF, RF

Section A12: □Jump Open, Jump Together, Walk, Walk, Step RF to R, Hold

1 2 3 4 Bend both knee, Jump apart (both foot together), Forward walk RF, LF,
5 6 7 8 Step RF to R, Hold 3 counts

PART B (32 counts)

Section B1: □Step, Jump, Back, Back, Step, Jump, Side Touch & Touch

1 2 3 4 Step RF next to LF, Hop, Walk back LF, RF,
5 6 7 &8 Step LF next to RF, Hop, Touch RF to R, Step RF beside LF, Touch LF to L

Section 2B: □Step, Jump, Forward Walk, Step Together, Step to side, Sway, Hold

1 2 3 4 Step LF next to RF, Hop, forward walk RF, LF,
&5 6 7 8 Step RF next to LF, Step LF to L with Sway hip to Left, Right, Left, Hold(8)

Section B3: □Repeat Sec B1

Section B4: □Repeat Sec B2

~ Enjoy! ~

Contact: melvin8888@gmail.com
