

Jumpin Up

拍数: 32 墙数: 4 级数: Beginner (Jump Style)
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音乐: 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
