

Jump

拍数: 64 墙数: 2 级数: Improver
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音乐: Jump (For My Love) - The Pointer Sisters



Remember your Disco moves for this dance and have Fun everyone!

Intro 48 counts, BPM 134

Restart in wall 3 after 48 counts

Section 1: Vine right ending with points

- 1 RF step right
- 2 LF step behind RF
- 3 RF step right
- 4 LF step in front of RF
- 5 RF point diagonally forward right
- 6 RF point left ending in front of LF
- 7 RF point diagonally forward right
- 8 RF point left ending in front of LF and shift weight onto RF

Section 2: Vine left ending with points

- 1 LF step left
- 2 RF step behind LF
- 3 LF step left
- 4 RF step in front of LF
- 5 LF point diagonally forward left
- 6 LF point right ending in front of RF
- 7 LF point diagonally forward left
- 8 LF point right ending in front of RF and shift weight onto LF

Section 3: Steps forward with kick ball change x 2

- 1 RF step forward
- 2 LF step forward
- 3 RF kick forward
- & RF step beside LF
- 4 LF step in place
- 5 RF step forward
- 6 LF step forward
- 7 RF kick forward
- & RF step beside LF
- 8 LF step in place

Section 4: Steps diagonally forward right and left and steps back ending with steps right and left with touch beside

- 1 RF step diagonally forward right
- 2 LF step diagonally forward left
- 3 RF step back
- 4 LF step beside RF
- 5 RF step right
- 6 LF touch beside RF
- 7 LF step left
- 8 RF touch beside LF

Section 5: Jump forward, hip sways to the right, point forward with right arm from the left side to the right side while still swaying your hips

- 1 RF jump forward
- 2 LF step beside RF
- 3 Hip sway to the right
- 4 Hip sway to the right
- 5-6-7-8 Right arm point forward from the left side to the right side while still swaying your hips

Section 6: Jump forward, hip sways to the left, point forward with left arm from the right side to the left side while still swaying your hips

- 1 LF jump forward
- 2 RF step beside LF
- 3 Hip sway to the left
- 4 Hip sway to the left
- 5-6-7-8 Left arm point forward from the right side to the left side while still swaying your hips

Section 7: Vine right and full turn left

- 1 RF step right
- 2 LF step behind RF
- 3 RF step right
- 4 LF touch beside RF (facing 12.00)
- 5 Turn $\frac{1}{4}$ left and step LF forward
- 6 Step RF forward turning $\frac{1}{2}$ left
- 7 Turn $\frac{1}{4}$ left stepping LF left (facing 12.00)
- 8 RF touch beside LF

Section 8: Steps forward with touch, rock step forward, recover, turn $\frac{1}{2}$ left and step forward and touch beside

- 1 RF step forward
- 2 LF step forward beside RF
- 3 RF step forward
- 4 LF touch beside RF
- 5 LF rock step forward
- 6 Recover onto RF (weight on RF)
- 7 Turn $\frac{1}{2}$ left and step LF forward (facing 06.00)
- 8 RF touch beside LF

Have Fun enjoying the music of the '80:s and don't forget your Disco moves!
