

Come on and Jump

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Mark Paulino (USA) - 15 May 2022
音乐: Jump (feat. Nelly Furtado) - Flo Rida



Starts: 32 counts

[1 – 8] SIDE, BEHIND, HEEL SWITCHES, SIDE, BEHIND, HEEL SWITCHES

1 2 R side step, L cross behind with $\frac{1}{8}$ turn L 10:30
&3&4& R steps besides L, L heel touch forward, L steps besides R, R heel touch forward, R step besides L
5 6 L side step with $\frac{1}{8}$ turn R, R cross behind L with $\frac{1}{8}$ turn R 1:30
&7&8& L steps besides R, R heel touch forward, R steps besides L, L heel touch forward, L step besides R

[9 – 16] ROCKING CHAIR, TURNING STEP HITCHES

1 2 R rock forward, recover back on L
3 4 R rock back, recover forward on L
5 6 R step forward, L Hitch with $\frac{3}{8}$ turn L 9:00
7 8 $\frac{1}{4}$ turn L with L side step, R hitch forward (anticipating crossing over) 6:00

[17 – 24] CROSS ROCK/RECOVER, SIDE SHUFFLE $\frac{1}{4}$ TURN, PIVOT TURN, SHUFFLE FORWARD

1 2 R cross rock over L, recover on L
3 & 4 R side step, L steps besides R, $\frac{1}{4}$ turn R with R stepping forward 9:00
5 6 L steps forward, weight shift from L to R with a $\frac{1}{2}$ turn R 3:00
7 & 8 L steps forward, R steps besides L, L steps forward

[25 – 32] SIDE STEP/CLAP, SIDE STEP/CLAP CLAP, HOP, HOP CROSS, $\frac{1}{2}$ BOUNCING UNWIND

1 2 R side step, clap
3&4 L side step, clap twice
5 6 Hop in place, hop crossing R over L
7 8 $\frac{1}{2}$ turn L unwind with 2 heel bounces on both feet 9:00

Tag/restart is on the 9th wall, facing 12 o'clock

[1 – 8] SIDE, BEHIND, HEEL SWITCHES, SIDE BEHIND, HEEL SWITCHES

1 2 R side step, L cross behind with $\frac{1}{8}$ turn L 10:30
&3&4& R steps besides L, L heel touch forward, L steps besides R, R heel touch forward, R step besides L
5 6 L side step with $\frac{1}{8}$ turn R, R cross behind L with $\frac{1}{8}$ turn R 1:30
&7&8& L steps besides R, R heel touch forward, R steps besides L, L heel touch forward, L step besides R

[9-16] SIDE STEP/HOLD, SIDE STEP/HOLD, HOP, HOP CROSS, $\frac{1}{2}$ BOUNCING UNWIND

1 2 $\frac{1}{8}$ turn L with R side step, clap 12:00
3&4 L side step, clap twice
5 6 Hop in place, hop crossing R over L
7 8 $\frac{1}{2}$ turn L unwind with 2 heel bounces on both feet 6:00

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