

Jump First

拍数: 32 墙数: 2 级数: Improver
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音乐: HEARTFIRST - Kelsea Ballerini : (from Subject To Change Album)



(32 Count Intro' – 16 Secs).

Section 1 – (Side Step (With Dip), Toe Touch) x2, Walk Back, Coaster Step.

- 1-2 Step right to right side (dipping down & pushing hips to right), Touch left toe to left corner.
3-4 Step left to left side (dipping down and pushing hips to left), touch right toe to right corner.
5-6 Step back on right, step back on left.

Styling: On Counts 5-6 fan the opposite toe outwards as you walk back.

- 7&8 Step back on right, close left beside right, step right forward. (12 o'clock)

Section 2 – Step Forward, ½ Turn Left, Shuffle ½ Turn Left, Pivot, ¼ Turn Left, Crossing Shuffle.

- 1-2 Step left forward (turning upper body slightly right and preparing to turn left), make a half turn left stepping back on right.
3&4 Make a half turn left stepping on left, right, left.
Option: Counts 2-4 can be replaced with Step Right & Left Shuffle Forward for anyone not wishing to turn.
5-6 Step right forward, pivot a quarter turn left
7&8 Cross right over left, step left to left side, cross right over left. (9 o'clock)

Section 3 – ½ Hinge Turn Right, Crossing Shuffle, Side Step, Toe Touch, ¾ Pencil Turn Left.

- 1-2 Make a quarter turn right stepping back on left, make a quarter turn right stepping right to right side.
3&4 Cross left over right, step right to right side, cross left over right.
5-6 Step right to right side, touch left toe beside right.
7&8 Make a quarter turn left stepping left forward, make a further half turn left while hitching right knee

(keeping right leg close to left) (6 o'clock)

Section 4 – Forward Rock, Jazz Jump Back, Hold, Rock Back, Kick Ball-Change.

- 1-2 Rock forward on right, recover weight onto left.
&3 Jump back on right, left (feet shoulder width apart).
4 Hold.
5-6 Rock back on right, recover weight onto left.
7&8 Kick right forward, close right beside left (taking wight), replace weight onto left. (6 o'clock)

Tag (16 Counts): Performed Once At The End Of Wall 3 (Facing 6'O'Clock)

Tag Section 1 – Forward Rock, Shuffle ½ Turn Right x3.

- 1-2 Rock forward on right, recover weight onto left.
3&4 Make a half turn right stepping on right, left, right.
5&6 Make a half turn right stepping on left, right, left.
7&8 Make a half turn right stepping on right, left, right.

Tag Section 2 – Forward Rock, Shuffle ½ Turn Left x3.

- 1-2 Rock forward on left, recover weight onto right.
3&4 Make a half turn left stepping on left, right, left.
5&6 Make a half turn left stepping on Right, left, right.
7&8 Make a half turn left stepping on left, right, left.

Enjoy! ☐

