

# 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! □

