

Lets Go Jumping

拍数: 48 墙数: 2 级数: Beginner
编舞者: Lyn Abbott (UK)
音乐: Let's Go Jumpin' - Big Joe Maher



JUMP FORWARD & CLAP TWICE, JUMP BACK & HOLD

1-2 Jump forward, clap
3-4 Jump forward, clap
5-6 Jump back, jump back
7-8 Jump back, hold

CHASSE RIGHT, ROCK STEP, CHASSE LEFT, ROCK STEP

9&10 Step right to right side, step left beside right, step right to right side
11-12 Rock back on left, forward onto right
13&14 Step left to left side, step right beside left, step left to left side
15-16 Rock back on right, recover onto left

TOE STRUTS, ¼ TURN BOX STEP

17-18 Touch right toe to right side, snap right heel down
19-20 Touch left toe in front of right foot, snap left heel down
21-22 Step right in front of left, step left back
23-24 Step right to right side making ¼ turn right, step left next to right

¼ TURN BOX STEP, TOUCH RIGHT, TOUCH LEFT

25-26 Step right in front of left, step left back
27-28 Step right to right side making ¼ turn right, step left next to right
29-30 Touch right toes to right side, step right beside left
31-32 Touch left toes to left side, step left beside right

HEEL TOUCH, CLAP, TOE TOUCH, CLAP, SHUFFLE, ½ PIVOT TURN

33-34 Touch right heel forward, hold and clap
35-36 Touch right toes back, hold and clap
37&38 Step right forward, step left beside right, step right forward
39-40 Step forward left, pivot ½ turn right

HEEL TOUCH, CLAP, TOE TOUCH, CLAP, SHUFFLE, ½ PIVOT TURN

41-42 Touch left heel forward, hold and clap
43-44 Touch left toes back, hold and clap
45&46 Step left forward, step right beside left, step left forward
47-48 Step forward right, pivot ½ turn left

REPEAT

Many jumping variations can be tried for the first 8 counts.
