

Jump

拍数: 32 墙数: 4 级数: Beginner
编舞者: Norma Hull (AUS)
音乐: Jump Right In - The Borderers



FORWARD RIGHT, STOMP LEFT, CLAP. SHUFFLE FORWARD-ROCK FORWARD/BACK, BACK LEFT COASTER

&1-2 Step right forward, stomp left forward, clap
3&4 Shuffle forward right-left-right
5-6 Step forward on left, rock back onto right
7&8 Step back on left, step right beside left, step forward on left

ROCK RIGHT-LEFT-RIGHT, CROSS SHUFFLE/ROCK, HINGE TURN ½ RIGHT, LEFT CROSS SHUFFLE

1-2 Rock right to right side, recover weight to left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Step left to left side, turn ½ right on ball of left foot, step right to right side
7&8 Cross left over right, step right to right side, cross left over right

TOE/HEEL STRUTS RIGHT SIDE, LEFT ACROSS, RIGHT TO ¼ LEFT, LEFT FORWARD

1-2 Touch right toe to right side, step right heel in place
3-4 Cross left toe over right, step left heel in place
5-6 Touch right toe to ¼ turn left, step right heel in place
7-8 Touch left toe to left side, step left heel in place

STEP, TAP/CLAP, BALL CHANGE, TAP/CLAP, LEFT SIDE SHUFFLE, ROCK BACK/FORWARD

1-2 Step right forward 45 degrees, tap left beside right heel & clap
&3-4 Step back on left, step right forward 45 degrees, tap left beside right heel & clap
5&6 Step left to left side, step right beside left, step left to left side
7-8 Step right behind left, rock weight forward onto left

REPEAT
