

Jump

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Linda Brooks (UK)
音乐: Jump (For My Love) - The Pointer Sisters



RIGHT GRAPEVINE, ¼ MONTEREY TURN

1-4 Step right to right side, cross left behind right, step right to right side, close left beside right
5-6 Touch right toe to right side, close right beside left at same time on ball of left pivot ¼ turn right,
7-8 Touch left toe to left side, close left beside right

PIVOT ½ TURN LEFT, RIGHT FORWARD SHUFFLE

9-10 Step right forward, pivot ½ turn left
11&12 Right shuffle forward, right, left, right

PIVOT ½ TURN RIGHT, LEFT SHUFFLE FORWARD

13-14 Step left forward, pivot ½ turn right
15&16 Left shuffle forward, left, right, left

REPEAT ALL OF ABOVE

17-32 Repeat 1-16

SYNCOPATED TOE SWITCHES & CLICKS

33&34 Touch right toe to right side, close right beside left, touch left toe to left side
&35-36 Close left beside right, touch right toe to right side, click fingers
&37&38 Close right beside left, touch left toe to left side, close left beside right, touch right toe to right side
&39-40 Close right beside left, touch left toe to left side, click

Steps 33-40 should be danced traveling backwards

TOE STRUTS & BACK ROCK STEP & RIGHT SHUFFLE FORWARD

&41-42 Close left beside right, step right forward on toe, drop heel to floor
43-44 Step left forward on toe, drop heel to floor
45-46 Rock back on right, rock forward on left
47&48 Step right forward, close left beside right, step right forward

OUT OUT JUMP CLAP, WALK BACK, SHUFFLE LEFT ¼ TURN LEFT

49-50 Step left to left side placing left hand on front of left thigh, step right to right side placing right hand on front of right thigh
51 Jump both feet to center together
52 Clap hands once
53-54 Walk left foot backwards, walk right foot backwards

Option 53-54 can be replaced by a full turn left for those who don't suffer from dizziness!

55&56 Step left foot turning ¼ to left side, step right foot beside left turning ¼ to left, step left foot forward turning ¼ to left

RIGHT TOE AND HEEL, TRIPLE STEP, LEFT TOES SWEEP ½ TURN LEFT, STOMP TAP

57-58 Tap right toe towards left instep, tap right heel towards left instep
59&60 Right triple step in place (right, left, right)
61-62 Sweep left toes circling around ½ turn left
63-64 Stomp left beside right, tap right beside left

REPEAT
