

Jump (4 My Love)

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Crazy Chris (UK)
音乐: Jump (For My Love) - Girls Aloud



KICK OUT OUT, BUMP BUMP AND, KICK OUT OUT, BUMP BUMP AND

1&2 Kick right diagonally forward across left, step right to right side, step left to left side
3-4& Bump hips left, right, left
5&6 Kick right diagonally forward across left, step right to right side, step left to left side
7-8& Bump hips left, right, left
1st 8 counts you should travel slightly to the left

SAILOR STEP, BEHIND SIDE IN FRONT, SIDE ROCK, SAILOR ¼ TURN

1&2 Step right behind left, step left to left side, step right to right side
3&4 Step left behind right, step right to right side, step left in front right
5-6 Rock right to right side, recover onto left
7&8 Step right behind left, step left to left side, turn ¼ right stepping right forward

ROCK RECOVER ¼, STEP ¼ TURN, ROCK RECOVER ¼, STEP ¾ TURN

1&2 Cross rock left diagonally over right, recover onto right, ¼ turn left stepping left forward
3-4 Step forward right, turn ¼ turn left taking weight onto left
5&6 Cross rock right diagonally over left, recover onto left, ¼ turn right stepping right forward
7-8 Step forward left, ¾ turn right taking weight onto right

SIDE BEHIND, AND HEEL, AND TOUCH, AND HEEL, AND CROSS, ¾ UNWIND

1-2& Step left to left side, step right behind left, step left to left side
3&4 Dig right heel diagonally forward to right side, step right beside left, touch left beside right
&5&6 Step left to left side, dig right heel diagonally forward to right side, step right beside left, cross left over right
7-8 Turn ¼ turn right, turn ½ turn right taking weight onto left

REPEAT

TAG

At the end of the 6th wall (facing the back)

KICK BALL POINT, KICK BALL POINT, STEP ½ TURN, STEP ½ TURN

1&2 Kick right forward, step right beside left, touch left to left side
3&4 Kick left forward, step left beside right, touch right to right side
5-6 Step forward right, ½ turn left taking weight onto left
7-8 Step forward right, ½ turn left taking weight onto left