

Jump N Move

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Tina Argyle (UK)
音乐: Jump N' Move - The Brand New Heavies



Start 20 counts from main beat. Listen for the word "ribbit"

POINT, TAP, ¼ TURN HITCH, MAMBO BACK, STEP FORWARD, STEP ¼ CROSS & CROSS, HOLD

1&2 Point right toe to right side, tap right at side of left, ¼ turn right on ball of left hitching right knee
3&4 Right mambo back, recover, step forward, right
5&6 Step forward, left, ¼ turn right onto right, cross left over right
&7-8 Step right to right side, cross left over right, hold

POINT RIGHT TO RIGHT SIDE, POINT RIGHT FORWARD ACROSS THE LEFT PULLING RIGHT SHOULDER BACK, POINT RIGHT TO RIGHT SIDE, TOUCH RIGHT HEEL FORWARD, PULLING RIGHT SHOULDER BACK, STEP, TOE TOUCH BACK, ½ TURN TOE TOUCH BACK, STEP HEEL, HOLD WITH SHOULDER POPS

9-10 Point right to right side, touch right toe forward, and across left pulling right shoulder back,
11-12 Point right to right side, touch right heel forward, pulling right shoulder back
&13 Step right at side of left, touch left toe back
&14 ½ turn left stepping left in place, touch right toe back
&15 Step right at side of left, touch left heel forward
&16 Lift left shoulder, drop left shoulder lift right shoulder

& RIGHT MAMBO FORWARD, STEP BACK, LEFT MAMBO BACK, STEP FORWARD, SIDE ROCK CROSS, HOLD, ¼ TURN RIGHT, SIDE

&17&18 Step left in place, mambo forward, right, recover, step back right
19&20 Left mambo back, recover, step forward, left
21&22 Right side rock, recover, cross
23 Hold
&24 ¼ turn right stepping back left, step right to right side

CROSS ROCK, RECOVER, LEFT ROLLING TURN (OR LEFT CHASSE), CROSS ROCK, STEP BACK, DRAG, SIDE CROSS

25-26 Cross rock left over right, recover
27&28 ¼ turn left stepping forward, left, ¼ turn left stepping right to right side, ½ turn left stepping left to left side, (or left chasse - side, together, side)

Restart here during 2nd wall, you will start again facing 6:00

29-30 Cross rock right over left, take long step back left start to drag right towards left
31 Continue dragging right towards left
&32 Step right to right side, cross left over right

REPEAT

RESTART

Restart after count 28 on wall 2