

Jump Start

拍数: 32 墙数: 4 级数: Intermediate
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音乐: I've Had Enough - The Tractors



3 PROGRESSIVE FORWARD STEPS ON RIGHT; CLAP; REPEAT

- 1-4 Step right slightly forward leading with ball of right foot and keeping weight on left; step right slightly further forward leading with ball of right foot and keeping weight on left; step right slightly further forward leading with ball of right foot (transfer weight to right on count 3) step left together with right (transfer weight to left) and clap**
- 5-8 Repeat 1-4

****Optional Hat Trick with forward steps: With hat on head, hold front brim of hat with right hand during counts 1-3 and 5-7; (or snap right fingers during counts 1-3 and 5-7)**

RIGHT FORWARD; ½ LEFT PIVOT; FOOT ROCKS; CLAP

- 1-2 Step right forward; touch left next to right
- 3-4 Pivot ½ left on ball of right foot and step left forward; touch right next to left heel and slightly apart and back from heel
- 5-6 Rock back onto right heel (transfer weight to right) and lift left heel off floor; rock forward onto left (transfer weight to left) and lift right heel off floor**
- 7-8 Rock back onto right heel (transfer weight to right) and lift left heel off floor; hold and clap

****Optional Hat Trick with foot rocks: With hat on head, tip front brim of hat down with right hand on count 5, up on count 6, and down on count 7 (clap on count 8)**

GRAPEVINE LEFT; KNEE SLAPS

- 1-2 Step left to left side; step right behind left
- 3-4 Step left to left side; hitch right knee up at 45 degrees to the right and slap with right hand
- 5-6 Step right forward at 45 degrees right (at 2:00); hitch left knee forward and slap with left hand
- 7-8 Step left backward at 45 degrees (body stays angled right; left toes point at 2:00); hitch right knee forward and slap with right

CENTER RIGHT; LEFT TOE SPIRAL; PIVOT ¼ LEFT; HEEL SPLIT; RIGHT FOOT AND KNEE SLAPS

- 1-2 Step right to center; hook left toes behind and onto right side of right lower leg
- 3-4 Pivot ¼ left on ball of right foot;** step left foot next to right (now facing left wall)
- 5-6 Swivel right heel to right and left heel to left (heel split); bring heels together at center
- 7-8 Slap right side of right foot with right hand; hitch right knee up at center and slap right knee with right hand

****Optional Hat Trick with ¼ pivot: With hat on head, hold front brim of hat with right hand and pivot ¼ left on count 3**

REPEAT