

Jump In

COPPER KNOB
STEPSHETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Chris Watson (AUS)
音乐: Jump - Girls Aloud : (For My Love Love Actually Sound Track)



- &1,2&3,4 Jump R foot Forward and out to R side, Jump L forward and out to L side and clap. Jump R back and to center, Jump Left together and clap.
- &5&6&7&8 Jump R Foot out to R side, Jump L foot to L side, jump R to center and L together and Repeat, taking weight onto L.
- 1,2,3,4 Step R foot and bounce R heel 3 times.
5,6,&7&8 Rock Forward onto L and back onto R, Step L foot back and Step R heel 45, Step R foot back and L 45.
- &1,2,3&4 Step l foot Back and R forward doing a 1/4 turn via L, take weight to L, Cross Shuffle R Over L, L to L side and R over L.
5,6,7&8 Rock L to L side, Rock weight back onto R, Step L behind R, R to R side and cross L over R.
- 1,2,3&4 Touch R toe to R Side, doing a 1/2 turn via your R, Rock L to L side, weight back onto R and Cross L over R.
5&6&7&8 R Heel 45, L Heel 45, 2 right Heel 45's.

32 Beats Restart Dance

EXTRAS:

At the start of the 6th wall do the 1st 8 beats then restart wall 6. (3 O clock wall)

At end of wall 11 (9 O Clock wall) do a slight tag:

- 1&2&3,4 Step R foot Pushing hips Forward R, then back to L, then R,L,R then Clap
5&6&7,8 Step L foot forward pushing hips L,R,L,R,L Clap
1,2,3,4 Strut back on R , Strut back on L
5,6,7,8 Step R to r side Pushing Hips, R,L,R,L

Restart.

Hope you enjoy this fun dance. thanks for your support, Please stay in touch in 2004.