

Jump In Easy

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Jon Peppin (AUS) - July 2010
音乐: Jump (For My Love) - Girls Aloud : (CD: Love Actually Soundtrack)



Start Position: Feet together - with weight on L foot.

- &1,2 Jump R forward and out to R side, jump L forward and out to L side, clap, (out, out, clap,)
&3,4 Jump R back to center, jump L back to center, clap, (in, in, clap,)
- &5&6 Jump R forward and out to R side, jump L forward and out to L side, jump R back to center,
jump L back to center, (out, out, in, in,)
- &7&8 Jump R forward and out to R side, jump L forward and out to L side, jump R back to center,
jump L back to center - weight on L, (out, out, in, in,)
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- 1,2,3,4 Step R foot forward and bounce on R heel 4 times,
5,6 Step R forward to R45, step R beside L,
7,8 Step L forward to L45, step L beside R,
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- 1,2,3,4 Step back - R, L, R, L,
5,6,7,8 Walk forward – R,L, R, touch L beside R,
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- 1,2,3,4 Vine L – step L to L side, step R behind L, step L to L side, touch R beside L,
5,6,7,8 Vine R with 90 degree turn R – step R to R side, step L behind R, turning 90 degrees R –
step R forward, step L beside R.

Repeat Dance In New Direction

Notes:

Restarts –

On the 6th wall (3:00) complete the first 8 counts and then restart the dance again.

On the 11th wall (9:00) complete the first 16 counts and then restart the dance again.

Thank you: A big thankyou to Chris Watson for allowing me to write this dance for my Easy Intermediate and Seniors' Classes and allowing me to use some of his steps. It now allows them to dance with the other to this great track and also gets them familiar with syncopated steps.

As taught by the Travelling Cowboy. (Ph.0413.714725) - Email: travellingcowboy@dodo.com.au