

Jump!

拍数: 32 墙数: 2 级数: Improver
编舞者: Craig Bennett (UK) - August 2012
音乐: Jump (Radio Edit) - The Cube Guys & Luciana : (Album: Clubland 21)



[1-8] Rock back recover, Right shuffle, Cross 1/4, Side shuffle

1-2 Rock back onto right, Recover forward onto left
3&4 Step right forward, Step left next to right, Step forward on to right
5-6 Cross left over right, Step back on right making 1/4 turn left
7&8 Step left to left side, Step right next to left, Step left to left side

[9-16] Mambo Cross Rocks, 1/4 Turn Right, Step 3/4 Pivot, Chasse Right.

1&2& Cross rock right over left. Rock back onto left, Rock right to right side. Rock onto left in place.
3-4 Cross rock right over left. Rock back onto left.
5&6 Step right 1/4 turn right. Step forward left. Make 3/4 turn right (weight ends on left).
7&8 Step right to right side. Close left beside right. Step right to right side

[17-24] Cross 1/4, Shuffle back, Rock, Flick, Shuffle forward

1-2 Cross left over right, Make 1/4 turn left stepping back onto right
3&4 Step back on left, Step right next to left, Step back onto left
5-6 Rock back onto right, Recover forward onto left (Flick right as you recover)
7&8 Step forward onto right, Step left next to right, Step forward onto right

[25-32] Cross point, Cross point, Cross back, And cross side

1-2 Cross left over right, Point right to right side
3-4 Cross right over left, Point left to left side
5-6 Cross left over right, Step back onto right
&7-8 Step left to left side, Cross right over left, Step left to left side

Note: Easy option for section 2

[9-16] Cross rock, Side rock, Cross rock, Side shuffle

1-2 Cross rock right over left, Recover onto left
3-4 Rock right to right side, Recover to left
5-6 Cross rock right over left, Recover onto left
7&8 Step right to right side, Step left next to right, Step right to right side