Jumpin' The Gun

拍數: 48

級數: Beginner / Improver

編舞者: Yvonne Krause (USA) - December 2015

音樂: Jumpin' the Gun - Ronnie Barnes

[1-8] CROCK RECOVER, SHUFFLE BACK, ROCK RECOVER, SHUFFLE FORWARD

- 1-2 Rock forward on right, recover onto left.
- 3&4 Shuffle back stepping right, left, right.
- 5-6 Rock back on left, recover onto right.
- 7&8 Shuffle forward stepping left, right, left.

[9-16] I JUMP FORWARD, JUMP BACK, SWIVELS W/JAZZ HANDS

- &1-2 Jump forward right foot first, hold.
- &3-4 Jump back right foot first, hold.
- 5-8 Walk forward right, left, right, left as you turn heel in and toe outward.

[17-24] □CROSS ROCK RECOVER, SAILOR W/1/4 TURN RIGHT, JUMP FORWARD, JUMP BACK

- 1-2 Step right foot across left, rock back on left.
- 3&4 Cross right behind left as you make ¼ turn right, step left next to right, step down on right.
- &5-6 Jump forward left foot first, hold.
- &7-8 Jump back right foot first, hold.

[25-32] CROSS ROCK RECOVER, SAILOR W/1/4 TURN RIGHT, JUMP FORWARD, JUMP BACK

- 1-2 Step right foot across left, rock back on left.
- 3&4 Cross right behind left as you make ¼ turn right, step left next to right, step down on right.
- &5-6 Jump forward left foot first, hold.
- &7-8 Jump back right foot first, hold.

*Restart your dance here during the fifth revolution.

[33-40] UWALK x3, HITCH W/1/2 TURN LEFT, WALK, WALK, SHUFFLE FORWARD

- 1-4 Walk forward right, left, right, hitch left knee up and turn ½ left on ball of right foot.
- 5-6 Walk forward left, right.
- 7&8 Shuffle forward stepping left, right, left.

[41-48] I JAZZ BOX W/CROSS, MONTEREY

- 1-4 Cross right over left, step back on left, step right to right side, cross left over right.
- 5-8 Touch right to right side, on ball of left make ½ turn right stepping right beside left, touch left to left side, step left beside right.

*RESTART: You will start the fifth revolution facing 12:00. Dance 32 counts then restart the dance. You will be facing 6:00 when you restart.

May You Always Dance Like No One Is Watching

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牆數:2