

Jump

拍數: 64 牆數: 4 級數: Improver
編舞者: Meiske Pamaputera (INA) - December 2014
音樂: Jump (For My Love) - The Pointer Sisters



Note; Specially choreographed for Sagita 12th Anniversary, Dec 2014

Restart :on wall 3 after ct 48 (12;00) & on wall 7 after ct 8 (03:00)

Intro: Optional - 48 Count

In1: Lift R heel, R heel down,(1-2) repeat 3x

In2: Lift L heel, L heel down (1-2), repeat 3x

In3: Jump open feet both hands folded in front of chest , hold (1-2), Tap R thigh, Tap L thigh (3-4), shake shoulder R, L, R, L (5-8)

In4: R step fwd out, L step fwd out (1-2) , R step in, L step in next to R (3- 4), R step fwd, ½ turn L step L (5-6) , walk fwd R, L (7-8)(06;00)

In5: Repeat section 4 (1-8) (12;00)

In6: Cross R fwd, hold (1-2) Cross L fwd ,hold (3-4) , Repeat 5-8)

DANCE:-

(1-8) Hop Right fwd, Left touch, Hop Left back, Right touch. Repeat.

1-2 Hop forward on Right , Left touch next to Right heel

3-4 Hop back on Left, Right touch next to Left toe

5-8 Repeat. 1-4 *

* Restart here on wall 7 (03;00)

(9-16) Hop Right diagonal , Touch Left, Hop Left diagonal, Touch Right, Repeat Right & Left

1-2 Hop Right to diagonal forward Right, Left touch next to right

3-4 Hop Left to diagonal back left , Right touch next to Left

5-6 Hop Right to diagonal back on Right, touch Left.

7-8 Hop Left to diagonal back on Left, touch Right.

(17-24) Hop right lift left , hold , Cross, step, Cross, kick, 2 step back

1-2 Big Hop Right to Right slightly lift left, hold

3-5 Cross Left behind Right, Step Right , cross Left over Right

6-8 Kick Right, Step Right and Left to diagonal back Left (01:30)

(25-32) 3 Step back diagonal, 1/8 Turn left, 1/2 Turn left hop, hold, hop side, hold

1-3 Continue step back diagonal left on Right, Left, Right (01;30)

4 1/8 turn Left step Left (12;00)

5-8 1/2 turn Left Hop Right, hold . Hop Left to left, Hold (06;00)

(33-40) Vine right brush, rocking chair

1-4 Step Right to right, cross left behind right, step Right ,brush left

5-8 Step Left fwd, recover on Right, step left back, recover on Left

(41- 48) Vine left brush, rocking chair

1-4 Step Left to left, cross right behind left, step Left, brush right

5-8 Step Right forward, recover on Left, step right back, recover on Right *

* Restart here on wall 3 (12:00)

(49-56) Step Right, ½ turn, step right, hold, Step left, ½ turn , hold

1-4 Step forward on Right, ½ turn Left, forward on right, hold

5-8 Step forward on Left, ½ turn Right, forward on left, hold

(57-64) R touch diag, hold, touch side. Cross Right, ¼ turn R, step R, hitch, Step forward, hitch (09;00)

1-4 Touch Right on diagonal Left, hold, Touch Right side, Hold
5-8 Cross right, ¼ turn Right hitch Left. Left fwd , hitch right (9:00)

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