

Jump In

COPPER KNOB
STEPSHEETS

拍數: 104 牆數: 1 級數: Phrased Intermediate
編舞者: Jennifer Jou (TW) - August 2015
音樂: Jump In - A-Mei (張惠妹)



Sequence : INTRO / A(80) / B / C / INTRO / A(17-80) / B / C / INTRO

Introduction : 32 counts

[[[INTRO DANCE : 16 COUNTS]]]

[1-8]□(CROSS OVER, HOLD) * 2, FORWARD, HOLD, PIVOT 1/2 LEFT, HOLD

1-4 Cross step RF over LF, hold, cross step LF over RF, hold
5-8 Step RF forward, hold, pivot 1/2 turn left recovering onto LF, hold (6:00)

[9-16]□(CROSS OVER, HOLD) * 3, FORWARD, PIVOT 1/2 RIGHT

1-4 Cross step RF over LF, hold, cross step LF over RF, hold,
5-8 Cross step RF over LF, hold, step LF forward, pivot 1/2 turn right (weight on LF) (12:00)

[[[PART A : 80 COUNTS]]]

Section A1 : [1-8]□TOUCH, ROLL HIPS, STEP, (CROSS OVER, HOLD) *2

1-4 Touch right toe forward, roll hips clockwise twice, step right heel down
5-8 Cross step LF over RF, hold, cross step RF over LF, hold

Section A2 : [9-16] CROSS OVER, HOLD, CROSS OVER, RECOVER, (CROSS OVER, HOLD) * 2

1-2 Cross step LF over RF, hold
3-4 Cross step RF over LF, recover onto LF
5-8 Cross step RF over LF, hold, cross step LF over RF, hold

Section A3 : [17-24]□(CROSS OVER, POINT) *2, (CROSS OVER, IN PLACE, CROSS OVER) *2

1-4 Cross step RF over LF, point LF to left side, cross step LF over RF, point RF to right side
5&6 Cross step RF over LF, step LF in place, cross step RF over LF
7&8 Cross step LF over RF, step RF in place, cross step LF over RF

Section A4 : [25-32]□SIDE, IN PLACE, 1/4 TURN RIGHT, BACK, RECOVER, TOE SWITCHES

1-4 Step RF to right side, step LF in place putting the palms together in front of chest, make 1/4 turn right stepping RF back, recover onto LF (3:00)
5&6& Touch right toe forward, step RF beside LF, touch left toe forward, step LF beside RF
7&8& Touch right toe forward, step RF beside LF, touch left toe forward, step LF beside RF

Section A5 : [33-40]□FORWARD, 1/4 TURN LEFT, IN PLACE, SIDE, IN PLACE, OUT, OUT, OUT, OUT

1-2 Step RF forward, make 1/4 turn left stepping LF in place (12:00)
3-4 Step RF to right side, step LF in place

Optional Arm Movement : (3-4)

Arms are bent at the elbow with palms facing yourself. Wave your palms alternately up and down

5-6 Step RF out to right side with both hands spread wide and down, step LF out to left side with hands crossed on left diagonal
7-8 Step RF out to right side with both hands spread wide and down, step LF out to left side with hands crossed on left diagonal

Section A6 : [41-48]□1/4 TURN LEFT, TOUCH, ROLL HIPS TWICE, FOUR STEPS THREE QUARTER TURN LEFT (R-L-R-L)

1-4 Make 1/4 turn left, touch right toe to right side, roll hips to right side twice (9:00)
5-8 Make 3/4 turn left by stepping forward four steps (R-L-R-L) (12:00)

Section A7 : [49-56]□(TOE-FANS, HOLD, LEAP, STEP) * 2

- 1-3 Move both right and left toes out to two sides, move toes back together, hold
- &4 Leap LF in place, step RF in place
- 5-7 Move both right and left toes out to the sides, move toes back together hold
- &8 Leap LF in place, step RF in place

Section A8 : [57-64] □ TOE-FANS, HOLD, LEAP, STEP, SWEEPS, TURN HEAD

- 1-3 Move both right and left toes out to two sides, move toes back together, hold
- &4 Leap LF in place, step RF in place
- 5-7 Sweep LF out and around from front to back, sweep RF out and around from front to back, sweep LF out and around from front to back,
- &8 Turn your head left and look at back thought left shoulder

Section A9 : [65-72] □ (LEAP FORWARD, STEP) * 3, TOGETHER, (LEAP FORWARD, STEP) * 3, FORWARD

Make upper part of body 1/8 turn left facing 10:30 and do the followings steps:

- 1&2& Leap RF forward, step the ball of LF forward, leap RF forward, step the ball of LF forward
- 3&4 Leap RF forward, step the ball of LF forward, step RF beside LF

Make upper part of body 1/4 turn right facing 1:30 and do the followings steps:

- 5&6& Leap LF forward, step the ball of RF forward, leap LF forward, step the ball of RF forward
- 7&8 Leap LF forward, step the ball of RF forward, step LF forward

Section A10 : [73-80] □ SIDE & SHAKE HEAD, SLAP THIGHS, CROSS OVER, RECOVER, CROSS OVER, (DIAGONAL BACK, DRAG) * 2

- 1-2 Step RF to left side and shake your head, slap thighs (on the slap, change weight to LF)
- 3&4 Cross step RF over LF, recover onto LF, cross step RF over LF
- 5-8 Rock LF diagonal back, drag RF toward LF, rock RF diagonal back, drag LF toward RF

[[[PART B : 32 COUNTS]]]

Section B1 : [1-8] □ JUMP LEFT, TOUCH TOGETHER, JUMP RIGHT, TOUCH TOGETHER, LARGE SIDE STEP, DRAG, JUMP RIGHT, TOUCH TOGETHER, JUMP LEFT, TOUCH TOGETHER, LARGE SIDE STEP, DRAG

- &1&2 Jump LF to left side, touch RF beside LF, jump RF to right side, touch LF beside RF
- 3-4 Take a large step on LF to left side, drag RF toward LF
- &5&6 Jump RF to right side, touch LF beside RF, jump LF to left side, touch RF beside LF
- 7-8 Take a large step on RF to right side, drag LF toward RF

Section B2 : [9-16] JUMP LEFT, TOUCH TOGETHER, JUMP RIGHT, TOUCH TOGETHER, LARGE SIDE STEP, DRAG, WALK*3 (R-L-R), PIVOT 1/2 TURN LEFT

- &1&2 Jump LF to left side, touch RF beside LF, jump RF to right side, touch LF beside RF
- 3-4 Take a large step on LF to left side, drag RF toward LF
- 5-8 Walk forward on RF, walk forward on LF, walk forward on RF, □ pivot 1/2 turn left recovering onto LF (6:00)

Section B3 : [17-24] □ JUMP RIGHT, TOUCH TOGETHER, JUMP LEFT, TOUCH TOGETHER, LARGE SIDE STEP, DRAG, JUMP LEFT, TOUCH TOGETHER, JUMP RIGHT, TOUCH TOGETHER, LARGE SIDE STEP, DRAG

- &1&2 Jump RF to right side, touch LF beside RF, jump LF to left side, touch RF beside LF
- 3-4 Take a large step on RF to right side, drag LF toward RF
- &5&6 Jump LF to left side, touch RF beside LF, jump RF to right side, touch LF beside RF
- 7-8 Take a large step on LF to left side, drag RF toward LF

Section B4 : [25-32] □ JUMP RIGHT, TOUCH TOGETHER, JUMP LEFT, TOUCH TOGETHER, LARGE SIDE STEP, DRAG, WALK * 3 (L-R-L), PIVOT 1/2 TURN RIGHT

- &1&2 Jump RF to right side, touch LF beside RF, jump LF to left side, touch RF beside LF
- 3-4 Take a large step on RF to right side, drag LF toward RF

5-8 Walk forward on LF, walk forward on RF, walk forward on LF, pivot 1/2 turn right recovering onto RF (12:00)

[[[PART C : 32 COUNTS]]]

Section C1 : [1-8] □ 1/4 TURN RIGHT, (SIDE, FLICK) * 3, TWIST HEELS

&1&2 Make 1/4 turn right stepping the ball of LF to left side, flick RF behind LF, □ step the ball of RF to right side, flick LF behind RF (3:00)

3&4 Step LF to left side and twist both heels to the left, twist both heels to the right, twist both heels to the left

&5&6 Step the ball of RF to right side, flick LF behind RF, step the ball of LF to left side, flick RF behind LF

7&8 Step RF to right and twist both heels to the right, twist both heels to the left, twist both heels to the right

Section C2 : Repeat Section 1 (6:00)

Section C3 : Repeat Section 1 (9:00)

Section C4 : Repeat Section 1 (12:00)

Enjoy it!!

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