

Jumpin Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner (Jump Style)
編舞者: Ole Jacobson (DE) - August 2015
音樂: Jumpin Up - Sushy



Note:

Each count is bound jump so. A foot executes the moves.
Is on the other foot jump at each clock (slightly springy)

Begin with the Lyrics!

Cross-heel, together, heel

- 1&2 Touch RHeel crossed RF over LF step right beside LF - LHeel crossed in front RF (Touch)
- &3,4 Step LF beside RF - RHeel 2x crossed over LF (Touch)
- 5&6 Touch LHeel crossed over RF - step LF beside RF - RHeel crossed over LF (Touch)
- &7,8 Step RF beside LF - LHeel 2 times crossed in front RF (Touch)

Heel, heel, toe toe (Hardjump)

- 1,2 Step LF beside RF slightly tilt and slightly bent stretch forward so that the heel touches the floor (2x) Jump while on LF slightly forward Jump
- 3,4 RF slightly tilt and slightly bent backwards to stretch so that the foot touches the ground (2x) while on LF slightly backwards Jump
- 5 RF slightly tilt and slightly bent stretch forward so that the heel touches the ground while on LF slightly forward
- 6 RF slightly tilt and slightly bent backwards to stretch so that the foot touches the ground while jumping on LF slightly backwards
- 7,8 Repeat Counts 5.6 this section

Heel, Flick (Running Man)

- 1 RF slightly tilt and slightly bent stretch forward so that the heel touches the ground
- 2 Step right under the body, LF slightly backwards bend
- 3 LF slightly bent and slightly bent stretch forward so that the heel touches the ground
- 4 LF under body, RF slightly backwards bend
- 5-8 Repeat Counts 1-4 this section

Jazz box 1/4 turn R (can be gejump)

- 1,2 Cross RF over LF - 1/4 R-rotation and LF step backwards
- 3,4 Step RF to R - Settle LF beside RF
- 5,6 Cross RF over LF - step LF back
- 7,8 Step R to R Settle LF beside RF

.. And from the beginning
