

Don't Make Ball Jumps

拍數: 64 牆數: 2 級數: Low Intermediate
編舞者: Ronald "RONNIE" Grabs (DE) - September 2015
音樂: Jump the Gun - Ann Sophie



S1: SLOW FWD. PRISSY WALKS w. HOLDS / JAZZ BOX 1/4 TURN R

1-2 cross step right foot in front of left and hold position,
3-4 cross step left foot in front of right and hold position,
5,6,7,8 cross step right foot in front of left, step left foot back, turn 1/4 right (3:00) stepping right foot to side, cross step left foot in front of right,

S2: SLOW FWD. PRISSY WALKS w. HOLDS / JAZZ BOX 1/4 TURN R

1-2 cross step right foot in front of left and hold position,
3-4 cross step left foot in front of right and hold position,
5,6,7,8 cross step right foot in front of left, step left foot back, turn 1/4 right (6:00) stepping right foot to side, cross step left foot in front of right,

S3: SIDE-BEHIND-SIDE-CROSS / FWD. SWEEP-CROSS / SIDE-HOLD

1,2,3,4 step right foot to side, cross step left foot behind right, step right foot to side, cross step left foot in front of right,
5-6 sweep right foot forward and cross step right foot in front of left,
7-8 step left foot to side and hold position,

S4: BALL-SIDE-TOUCH / SIDE TOUCH / FWD. STEP-TOUCH / BACK SWIVEL WALKS

&1-2 ball step right foot next to left, step left foot to side, touch right toe next to left foot,
3,4 step right foot to side, touch left toe next to right foot,
5,6 step left foot forward, touch right toe behind left foot,
7,8 swivel walk back on right foot, swivel walk back on left foot,

S5: BACK & BODY ROLL / BALL-BACK & BODY ROLL / BALL-BACK ROCK / 1/4 L FWD. SWEEP

1-2 touch right foot back and make a body roll back-down and change weight on right foot,
&3-4 ball step left foot next to right, touch right foot back and make a body roll back-down and change weight on right foot,
&5,6 ball step left foot next to right, rock right foot back, recover weight forward on left foot,
7-8 turn 1/4 left (3:00) sweeping right foot forward and cross step in front of left foot,

S6: SIDE & BODY ROLL / BALL-SIDE & BODY ROLL / &-SIDE ROCK / SAILOR 1/4 TURN L

1-2 touch left foot to side and make a body roll left-down and change weight on left foot,
&3-4 ball step right foot next to left, touch left foot to side and make a body roll left-down and change weight on left foot,
&5,6 ball step right foot next to left, rock left foot to side, recover weight on right foot,
7&8 cross step left foot behind right, turn 1/4 L stepping right foot next to left, step left foot forward,

S7: FWD. ROCK / BACK BALL-TOUCH-BALL / FWD. WALK-WALK / DIAG. FWD. POINT-HOLD

1,2 rock right foot forward, recover weight back on left foot,
&3-4 ball step back on right foot, toe touch left foot slightly forward and hold position,
& ball step left foot next to right,

Restart: In wall 5 dance until here and restart with face 12:00.

5,6 step right foot forward, step left foot forward,
7-8 toe touch right foot diagonally forward and right and hold position,

S8: 1/4 L BACK / COASTER STEP / KICK-BALL-STEP / STEP-1/4 PIVOT L

- 1-2 turn 1/4 left (9:00) and change weight on to right foot, ONLY slow release right foot from the floor (no kick or hitch!),
- 3&4 step left foot back, ball step right foot next to left, step left foot forward,
- 5&6 kick right foot forward, ball step right foot slightly back, step left foot forward,
- 7,8 step right foot forward, turn 1/4 to left (6:00) and step left foot in place,

REPEAT

TAG: After the 2nd wall dance the follow 8 Counts:

CROSS-SIDE-BEHIND / BACK SWEEP / BEHIND-SIDE-CROSS / FWD. SWEEP

- 1,2,3 cross step right foot in front of left, step left foot to side, cross step right foot behind left,
- 4 sweep left foot back and behind right foot,
- 5,6,7 cross step left foot behind right, step right foot to side, cross step left foot in front of right,
- 8 sweep right foot forward,

RESTART: In wall 5 dance until count 52 and Restart with face 12:00.
