

Jumpin' in the Morning

COPPER KNOB
BY STEPHEN

拍數: 96 牆數: 4 級數: Intermediate
編舞者: Rob Fowler (ES) - January 2016
音樂: Jumping In the Morning - Jools Holland & Ruby Turner



Intro: 48 (approx. 17 secs) BPM: 192 (approx.) No Tags Or Restarts

Sec 1: Kick R, Step R, Kick L, Step L, Scuff R, Hitch R, Step Back R, Hold

1-2 Kick R fwd, step R next to L
3-4 Kick L fwd, step L next to R
5-6 Scuff R fwd, hitch R knee
7-8 Step back R, hold (12 o'clock)

Sec 2: L Coaster Step, R Point Fwd, Hold, Step Back R, Hold

9-10 Step back L, step R next to L
11-12 Step fwd L, hold
13-14 Point R toe fwd, hold
15-16 Step back R, hold

Sec 3: L Coaster Step, Hold, Step 2 x ½ Turns L, Hold

17-18 Step back L, step R next to L
19-20 Step fwd L, hold
21-22 Step fwd R, make ½ turn L
23-24 Make ½ turn L step back R, hold

Sec 4: Back Clap x 2, L Coaster Step, Hold

25-26 Step back L, touch R next to L and clap
27-28 Step back R, touch L next to R and clap
29-30 Step back L, step R next to L
31-32 Step fwd L, hold

Sec 5: Step R, Lock L, Step R, Brush L, Step L, Lock R, Step L, Brush R

33-34 Step fwd R to R diagonal, lock L behind R
35-36 Step fwd R to R diagonal, brush L
37-38 Step fwd L to L diagonal, lock R behind L
39-40 Step fwd L to L diagonal, brush R

Sec 6: Slow Jazz Box ¼ Turn R

41-42 Cross R over L, hold
43-44 Step back L, hold
45-46 Make ¼ turn R, hold
47-48 Step L next to R, hold (3 o'clock)

Sec 7: R Heel Grind, Rock Step, Kick R, Step R, Point L, Clap

49-50 R heel grind slightly crossing over L (R toe pointing L, turning to R, weight back on L)
51-52 Rock back diagonal R on R, recover on L
53-54 Kick R diagonally across L, step on R
55-56 Point L to L side, clap hands

Sec 8: L Heel Grind, Rock Step, Kick L, Step L, Point R, Clap

57-58 L heel grind slightly crossing over R (L toe pointing R, turning to L, weight back on R)
59-60 Rock back diagonal L on L, recover on R

61-62 Kick L diagonally cross R, step on L
63-64 Point R to R side, clap hands

Sec 9: Weave Behind, Side L, Cross R, Brush L, Side L, Touch R, Side R, Kick L

65-66 Step R behind L, step L to L side
67-68 Cross R over L, brush L
69-70 Step L to L side, touch R next to L
71-72 Step R to R side, kick L to L

Sec 10: Weave Behind, Side R, Cross L, Brush R, Side R, Touch L, Side L, Kick R

73-74 Step L behind R, step R to R side
75-76 Cross L over R, brush R
77-78 Step R to R side, touch L next to R
79-80 Step L to L side, kick R to R

Sec 11: Back R, Kick L, Back L, Kick R, R Coaster Step, Hold

81-82 Step R behind L, kick L to L
83-84 Step L behind R, kick R to R
85-86 Step back R, step L next to R
87-88 Step fwd R, hold

Sec 12: Step L, ½ Turn R, Step L, Hold, Run R,L,R,L

89-90 Step fwd L, make ½ turn R
91-92 Step fwd L, hold
93-96 Run fwd R,L,R,L (9 o'clock)

START OVER
