

Jumpshot

拍數: 48 牆數: 2 級數: Phrased Novice
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音樂: Jumpshot - Dawin : (EP: Sunday 2016 - iTunes)



Introduction: 16 counts, start on the word "Shot" approx 10 sec.
Sequences: A, A, B, B, A, A, A, B, B, A, A, B, B, ending (6 o'clock).

Pattern A: 32 counts

A I. [1-8] Dorothy R, Step, Lock, Knee Lift L, Replace, Syncopated ½ Pivot Turn L, Side, Weave R.

- 1,2& Long step R diagonally forward, Step L behind R, Step R forward.
3&4 Making ¼ turn L (9) step L forward, Lock R behind L and lift L knee up, Step L back in place.
5&6 Step R forward, Pivot ½ Turn L onto L, Making ¼ turn L (12) step R to R.
7&8 Step L behind R, Step R to R, Step L across R.

A II. [9-16] Side, Touch, Point, Touch, ¼ Turn L, Full Spin Turn L, ½ Pivot Turn L with Rising Heels up, Coaster Step L.

- 1&2& Step R to R, Touch L beside R, Point L out to L, Touch L beside R.
3&4 Making ¼ turn L (9) step L forward, Step R beside L, Continue full turn L (9) and step L forward.
5&6 Step R forward, Pivot ½ Turn L (3) onto both feet and lift heels up, Both heels back in place taking weight onto R.
7&8 Step L back, Step R beside L, Step L forward.

A III. [17-24] ¼ Turn L, Side, Full Side Turns L, Cross Samba R, L Travelling Fwd.

- 1-4 Making ¼ turn L (12) step R to R bend both knees, Continue side turning full L over 3 counts squaring up at (12:00) ending weight L.
5&6 Cross R over L, Step L to L, Step R to R.
7&8 Cross L over R, Step R to R, Step L to L.

A IV. [25-32] Fwd Rock / Recover, Triple Step R, Fwd Rock / Recover, Coaster Step L.

- 1-2 Step R forward, Recover back onto L.
3&4 Making ¼ turn L step L forward, Step R beside L, Making ¼ turn L step L forward. (6:00)
5-6 Step L forward, Recover back onto R.
7&8 Step L back, Step R beside L, Step L forward.

Pattern B: 16 counts

B I. [1-8] 2x Syncopated Rumba Boxes Across Back, Together, Low Kick L, R, Coaster Step R, Rise L, Replace, Point, Heel Swivel, Heel Touch Fwd.

- 1&2 Step R across L, Step L slightly back, Step R slightly back.
& Step L across R.
3&4 Step R slightly back, Step L slightly back, Step R beside L and kick L low out to L.
& Step L beside R and kick R low out to R.
5&6 Step R back, Step L beside R, Step R forward and rise your L leg up.
7&8 Step L back in place forward, Touch R slightly forward, Swivel R heel forward on ball.
& Bring R heel back and touch R heel forward weight onto L.

B II. [9-16] Coaster Step R, ½ Pivot Turn R, Step, Lock, Step, Hold, Lock, Step, Touch.

- 1&2 Step R back, Step L beside R, Step R forward.
3&4 Step L forward, Making ½ turn R over R, Step L forward.
&5-6 Lock R behind L, Step L forward, Hold.
&7-8 Lock R behind L, Step L forward, Touch R beside L.

REPEAT DANCE AND HAVE FUN!!

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