The Jump

拍數: 32	牆數: 4	級數: Improver

編舞者: Rebecca Armstrong (SCO) - March 2017

音樂: Die Krüge hoch - Antonio Balloni & Michi Steirer

*(Theme song at the end of "the jump")

[1-8] rock cross shuffle, rock cross shuffle
1-2   rock R to R side, recover on to L
3&4   step R across L, step L to L side, step R across L
5-6   rock L to L side, recover on to R
7&8   step L across R, step R to R side, step L across R

[9-16] side behind ¼ shuffle, rock recover coaster
1-2   step R to R side, step L behind R
3&4   make ¼ turn R stepping fwd on R, step L beside R, step fwd on R
5-6   rock fwd on L, recover back on R
7&8   step back on L, step R beside L, step fwd on L

[17-24] side (dab) hold, behind side cross X 2
1-2   step R to R side (dab*), hold
3&4   step L behind R, step R to R side, step L across R
5-6   step R to R side (dab *), hold
5&6   step L behind R, step R to R side, step L across R

[25-32] rock cross shuffle, ½ turn touch
1-2   rock R to R side, recover on to L
3&4   step R across L, step L to L side, step R across L
5-6   make ¼ turn R stepping back on L, make ¼ turn R stepping fwd on R
7-8   step slightly fwd on L, touch R beside L

Restart : On Wall 5, dance 24 counts then restart from beginning

*dab – left arm across face, R arm to right side