

Jump Right In

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - March 2018
音樂: Fire and Water - The Wandering Hearts : (CD: Wild Silence)



#8 count intro (4 secs) – 130bpm – 3mins 11secs

Tag: end of wall 5

Music available: Amazon as a 99p download

[1-8] R “Shadows” step (jazz box), R fwd rock/recover, ½ R shuffle

1-4 Step R forward, cross step L over R, step R back, step L side
5-6 Rock R forward, recover weight on L
7&8 Turning ½ right step R forward, step L together, step R forward (6 o'clock)

[9-16] 4 syncopated rock steps – L fwd, R back, L side, R side

1-2& Rock L forward, recover weight on R, step L together
3-4& Rock R back, recover weight on L, step R together
5-6& Rock L side, recover weight on R, step L together
7-8 Rock R side, recover weight on L

[17-24] Jump Right in fwd with feet apart, heel twist R & centre, R fwd, L fwd rock/recover, ½ L shuffle

&1 Jump forward R & L apart
2-4 Twist heels right, twist heels centre weight ending on L, step R forward
5-6 Rock L forward, recover weight on R
7&8 Turning ½ left step L forward, step R together, step L forward (12 o'clock)

[25-32] R fwd, L side point, L samba traveling fwd, ¼ R jazz box with R ball cross side (start of vine)

1-2 Step R forward, point L side
3&4 Cross step L over R, rock R side, recover weight on L
5-6 Cross step R over L, turning ¼ right step L back (3 o'clock)
&7-8 Step R side, cross step L over R, step R side (count 8 is start of vine)

[33-40] L behind, ¼ R & R fwd, L fwd, ½ R pivot turn, ¼ R & L side, R behind, L side, R fwd & side points

1-2 Cross step L behind R, turning ¼ right step R forward (6 o'clock)
3-4 Step L forward, pivot ½ right (12 o'clock)
5-6 Turning ¼ right step L side, cross step R behind L (3 o'clock)
&7-8 Step L side, point R toes forward, point R toes side

[41-48] R sailor step, ¼ L toaster, R fwd, ¼ L pivot turn, R fwd rock/recover

1&2 Cross step R behind L, step L side, step R side
3&4 Turning ¼ left step L back, step R together, step L forward (12 o'clock)
5-6 Step R forward, pivot ¼ left (9 o'clock)
7-8 Rock R forward, recover weight on L

[49-56] Jump right in back on R whilst kicking L fwd, L fwd, R fwd shuffle, L fwd rock/recover, ½ L shuffle

&1-2 Jump back on R as you kick L forward, step L forward
3&4 Step R forward, step L together, step R forward
5-6 Rock L forward, recover weight on R
7&8 Turning ½ left step L forward, step R together, step L forward (3 o'clock)

[57-64] R jazz box, R cross & unwind ¾ L

1-4 Cross step R over L, step L back, step R side, step L forward

5-8 Cross R over L, unwind $\frac{3}{4}$ turn left, this is executed over 3 counts with weight ending on L (6 o'clock)

TAG: End of wall 5 facing back wall

1&2 Kick R forward, step R together, step L forward

3-4 Step R forward, pivot $\frac{1}{2}$ left (12 o'clock)

5-8 REPEAT ABOVE 4 COUNTS to face back wall (6 o'clock)

Restart the dance

Please Note: we like to check and approve all Videos of our dances before they are linked to this site.- A&P

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