Jump



拍數: 64 牆數: 2 級數: Improver

編舞者: Karolina Ullenstav (SWE) - January 2019 音樂: Jump (For My Love) - The Pointer Sisters



Remember your Disco moves for this dance and have Fun everyone! Intro 48 counts, BPM 134 Restart in wall 3 after 48 counts

Section 1: Vine right ending with points

1 RF step right 2 LF step behind RF 3 RF step right

4 LF step in front of RF

5 RF point diagonally forward right 6 RF point left ending in front of LF 7 RF point diagonally forward right

8 RF point left ending in front of LF and shift weight onto RF

Section 2: Vine left ending with points

1 LF step left

2 RF step behind LF

3 LF step left

4 RF step in front of LF

5 LF point diagonally forward left 6 LF point right ending in front of RF 7 LF point diagonally forward left

8 LF point right ending in front of RF and shift weight onto LF

Section 3: Steps forward with kick ball change x 2

RF step forward 1 2 LF step forward 3 RF kick forward & RF step beside LF 4 LF step in place 5 RF step forward 6 LF step forward 7 RF kick forward & RF step beside LF 8 LF step in place

Section 4: Steps diagonally forward right and left and steps back ending with steps right and left with touch beside

RF step diagonally forward right 1 2 LF step diagonally forward left

RF step right

3 RF step back 4 LF step beside RF 5

6 LF touch beside RF

7 LF step left

8 RF touch beside LF

Section 5: Jump forward, hip sways to the right, point forward with right arm from the left side to the right side while still swaying your hips

1 RF jump forward 2 LF step beside RF 3 Hip sway to the right 4 Hip sway to the right

5-6-7-8 Right arm point forward from the left side to the right side while still swaying your hips

Section 6: Jump forward, hip sways to the left, point forward with left arm from the right side to the left side while still swaying your hips

LF jump forward
RF step beside LF
Hip sway to the left
Hip sway to the left

5-6-7-8 Left arm point forward from the right side to the left side while still swaying your hips

Section 7: Vine right and full turn left

1 RF step right 2 LF step behind RF 3 RF step right

4 LF touch beside RF (facing 12.00)
5 Turn ¼ left and step LF forward
6 Step RF forward turning ½ left

7 Turn ¼ left stepping LF left (facing 12.00)

8 RF touch beside LF

Section 8: Steps forward with touch, rock step forward, recover, turn ½ left and step forward and touch beside

1 RF step forward

2 LF step forward beside RF

3 RF step forward
4 LF touch beside RF
5 LF rock step forward

6 Recover onto RF (weight on RF)

7 Turn ½ left and step LF forward (facing 06.00)

8 RF touch beside LF

Have Fun enjoying the music of the '80:s and don't forget your Disco moves!