

# Jazz Me Up

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BY STEPHEN

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Ray Johnson - November 2019  
音樂: Jazzie's Groove (Piano Version) - Soul II Soul



Genre: R&B Soul Line Dance

Introduction: Start dance on the 24th COUNT/BEAT  
NO TAGS OR RESTARTS

## PART I (ROCK R, ROCK L, ROCK R, ROCK L(W/ SOME BOUNCE), R LOCK STEP, L LOCK STEP)

1-2            Step R, Step L  
3-4            Step R, Step L  
5&6           Step Forward R-L-R(Triple Step)  
7&8           Step Forward L-R-L(Triple Step)

## PART II (ROCK R, ROCK L, ROCK R, ROCK L(W/SOME BOUNCE) R LOCK STEP, L LOCK STEP)

1-2            Step R, Step L  
3-4            Step R, Step L  
5&6           Step Forward R-L-R(Triple Step)  
7&8           Step Forward L-R-L(Triple Step)

## PART III (ROCK FORWARD RECOVER, TRIPLE ½ R , ROCK FORWARD RECOVER,TRIPLE ½ L)

1-2            Step Rf Forward, Recover On Lf  
3&4           Step R-L-R(Triple ½ R @ 6:00)  
5-6           Step Lf Forward, Recover On Rf  
7&8           Step L-R-L(Triple ½ L @12:00)

## PART IV (STEP FORWARD R-L, SHUFFLE R, STEP FORWARD L-R, SHUFFLE L)

1-2            Step Rf Up, Step Lf Up Together,  
3&4           Step To Side R-L-R  
5-6           Step Lf Up, Step Rf Up Together  
7&8           Step To Side L-R-L

## PART V (RF SAILOR STEP, LF SAILOR STEP, ROCK R-L-R-L (W/ SOME BOUNCE)

1&2           Step Rf Behind Lf(Stepping R-L-R Out)  
3&4           Step Lf Behind Rf(Stepping L-R-L Out)  
5-6           Step R, Step L  
7-8           Step R, Step L

## PART VI (STEP RF OUT, STEP LF BEHIND, STEP RF OUT, KICK & X, STEP L-R(1/4 L), COASTER STEP L)

1-2&          Step Rf Out, Step Lf Behind, Step Rf Out  
3&4           Kick Lf, And X Rf Over Lf  
5-6           Step L-R(Making ¼ Turn L)  
7&8           Step(Lf Back, Rf Back, Lf Forward) Or L-R-L

START DANCE AGAIN