

Jumpin' In

拍數: 64 牆數: 2 級數: Novice
編舞者: Bruno Penet (FR) - January 2020
音樂: Jumpin' In - Brewer's Grade : (CD: Jumpin' Up)



Begin the Dance after 32 Count of Singing

SECT 1 : CHASSE RIGHT, ¼ TURN CHASSE LEFT, ROCK STEP, ½ TURN KICK BALL STEP

1&2 Step Right to Right Side, Step Left beside Right, Step Right to Right Side
3&4 ¼ Turn Left & Step Left to Left Side, Step Right beside Left, Step Left to Left Side (9 :00)
5-6 Rock Forward on Right, Recover on Left
7&8 ½ Turn Right & Kick Right Forward, Step Right beside Left, Step Left Forward (3 :00)

SECT 2 : HEEL GRIND ¼ RIGHT, ROCK STEP, ½ PIVOT TURN X2

1-2 Step Forward on Right Heel, ¼ Turn Right (Swivelling Right Toe to Right side) & Step Back on Left (6 :00)
3-4 Rock Back on Right, Recover on Left
5-6 Step Right Forward, Pivot ½ Turn Left (Weight on Left) (12 :00)
7-8 Step Right Forward, Pivot ½ Turn Left (Weight on Left) (6 :00)

SECT 3 : JAZZ BOX CROSS, SCISSOR STEP, HOLD

1-2 Cross Right over Left, Step Back on Left
3-4 Step Back diagonal Right on Right, Cross Left over Right
5-6 Step Right to Right Side, Step Left beside Right
7-8 Cross Right over Left, Hold

SECT 4 : ¼ TURN ROCK, ½ TURN, ¼ TURN SCUFF, SIDE, STOMP UP, SIDE, STOMP UP

1-2 ¼ Turn Left & Rock Forward on Left, Recover on Right (3 :00)
3-4 ½ Turn Left & Step Left Forward (9 :00), ¼ Turn Left & Scuff Right Heel beside Left (6 :00)
5-6 Step Right to Right Side, Stomp Up Left beside Right
7-8 Step Left to Left Side, Stomp Up Right beside Left

Restart : Walls 4 & 7

SECT 5 : CHASSE RIGHT, ROCK BACK, ROCKING CHAIR

1&2 Step Right to Right Side, Step Left beside Right, Step Right to Right Side
3-4 Rock Back on Left, Recover on Right
5-6 Rock Forward on Left, Recover on Right
7-8 Rock Back on Left, Recover on Right

SECT 6 : CHASSE LEFT, ROCK BACK, ROCKING CHAIR

1&2 Step Left to Left Side, Step Right beside Left, Step Left to Left Side
3-4 Rock Back on Right, Recover on Left
5-6 Rock Right Forward, Recover on Left
7-8 Rock Back on Right, Recover on Left

SECT 7 : STEP FORWARD, ½ TURN, TOE STRUT, STEP FORWARD, ½ TURN, TOE STRUT

1-2 Step Right Forward, Pivot ½ Turn Left (Weight on Left) (12 :00)
3-4 Step Forward on Right Toe, Drop Heel
5-6 Step Left Forward, Pivot ½ Turn Right (Weight on Right) (6 :00)
7-8 Step Forward on Left Toe, Drop Heel

SECT 8 : KICK, BACK, KICK, BACK, KICK, BACK, KICK, STOMP

1-2 Kick Right Forward Diagonal Right, Step Back on Right

3-4 Kick Left Forward Diagonal Left, Step Back on Left
5-6 Kick Right Forward Diagonal Right, Step Back on Right
7-8 Kick Left Forward Diagonal Left, Stomp Left beside Right

REPEAT

RESTART: Wall 4 & 7 after Section 4

WORKSHOP – Varennes-Changy (45290) – Club THE HAPPY HEELS – 11 Janvier 2020

Challenge Boy – CRAZY DANCERS OF COUNTRY MUSIC

Site : <http://challengeboy.free.fr>
