

Jump on

拍數: 80 牆數: 1 級數: Phrased High Beginner
編舞者: Romana Ronacher (AUT) - April 2022
音樂: Bandwagon - Kellie Coffey



Intro: 32 Counts - Sequence: AB, AB, A, TAG, B&, A, A

PartA:

(1) Heel hock, heel flick, triple forward, heel hock, heel flick, tripple forward

1&2& R Heel fwd tip, RF cross over L shin, R Heel fwd tip, RF r flick 12:00
3&4 RF step fwd, LF next to RF, RF step fwd
5&6& L Heel fwd tip, LF cross over R shin, L Heel fwd tip, LF f flick
7&8 LF step fwd, RF nex to LF, LF step fwd

(2) Step ½ turn l, triple forward, full turn, stomp, stomp

1-2 RF step fwd, ½ turn over l and weight on LF 6:00
3&4 RF step fwd, LF next to RF, RF step fwd
5-6 LF ½ turn over r, RF ½ turn over r 6:00
7-8 LF stomp next to RF, RF stomp nex to LF weight on LF

(3) Heel hock, heel flick, triple forward, heel hock, heel flick, triple forward

1&2& R Heel fwd tip, RF cross over L shin, R Heel fwd tip, RF r flick 6:00
3&4 RF step fwd, LF next to RF, RF step fwd
5&6& L Heel fwd tip, LF cross over R shin, L Heel fwd tip, LF f flick
7&8 LF step fwd, RF nex to LF, LF step fwd

(4) Step ½ turn l, triple forward, full turn r, stomp, stomp

1-2 RF step fwd ½ turn over L, weight on LF 12:00
3&4 RF step fwd, LF next to RF, RF step fwd
5-6 LF ½ turn over r, RF ½ turn over r 12:00
7-8 LF stomp next to RF, RF stomp nex to LF weight on LF

PartB:

(1) Triple side r, back rock, triple side l, back rock

1&2 Step R to right side, Step L next to R, Step R to right side, 12:00
3-4 LF step back, Recover onto R
5&6 Step L to left side, Step R next to L, Step L to left side,
7-8 RF step back, Recover onto L

(2) Step ½ turn l, step ½ turn l, jazzbox

1-2 RF step fwd ½ turn over L, weight on LF 6:00
3-4 RF step fwd ½ turn over L, weight on LF 12:00
5-6 Cross RF over LF, step LF back
7-8 RF step right, LF step next to RF (weight on LF)

(3) Triple side r, back rock, step slide l (hands from r over to l), kick ball change

1&2 Step R to right side, Step L next to R, Step R to right side, 12:00
3-4 LF step back, Recover onto R
5-6 LF big step to left, RF slide to LF (hands from r over to l)
7&8 RF Kick right forward, RF step right together, LF step left in place

(4) Triple side r, back rock, step slide l (hands from r over to l), kick ball change

1&2 Step R to right side, Step L next to R, Step R to right side,

- 3-4 LF step back, Recover onto R
- 5-6 LF big step to left, RF slide to LF
- 7&8 RF Kick right forward, RF step right together, LF step left in place

B& dance Section 3 & 4 go on with Section 5

(5) Triple forward, step ½ turn r, triple forward, full turn

- 1&2 RF step fwd, LF nex to RF, RF step fwd 12:00
- 3-4 LF step fwd ½ turn over R, weight on RF 6:00
- 5&6 LF step fwd, RF nex to LF, LF step fwd
- 7-8 RF ½ turn over L, LF ½ turn over L

(6) Jazzbox ¼ r, Jazzbox ¼ r

- 1-2 Cross RF over LF, step LF back
- 3-4 RF step ¼ right, LF step next to RF 9:00
- 5-6 Cross RF over LF, step LF back
- 7-8 RF step ¼ right, LF step next to RF 12:00

(7) Triple side r, back rock, triple side l, back rock

- 1&2 Step R to right side, Step L next to R, Step R to right side, 12:00
- 3-4 LF step back, Recover onto R
- 5&6 Step L to left side, Step R next to L, Step L to left side,
- 7-8 RF step back, Recover onto L

TAG: Heel & toe & toe & heel, heel & toe & toe & heel

- 1&2& R Heel fwd, RF next to LF, L toe next to RF, LF next to RF 12:00
- 3&4& R toe next to LF, RF next to LF, L heel fwd, LF next to RF
- 5&6& R heel fwd, RF next to LF, L toe next to RF, LF next to RF
- 7&8& R toe next to LF, RF next to LF, L heel fwd, LF next to RF

PartB&: Section 3 & 4 a second time go on with Section 5 shuffel fwd.
