

# Jump First

拍數: 32      牆數: 2      級數: Improver  
編舞者: Steve Rutter (UK) & Claire Rutter (UK) - June 2023  
音樂: HEARTFIRST - Kelsea Ballerini : (from Subject To Change Album)



(32 Count Intro' – 16 Secs).

## Section 1 – (Side Step (With Dip), Toe Touch) x2, Walk Back, Coaster Step.

- 1-2            Step right to right side (dipping down & pushing hips to right), Touch left toe to left corner.  
3-4            Step left to left side (dipping down and pushing hips to left), touch right toe to right corner.  
5-6            Step back on right, step back on left.

**Styling: On Counts 5-6 fan the opposite toe outwards as you walk back.**

- 7&8            Step back on right, close left beside right, step right forward. (12 o'clock)

## Section 2 – Step Forward, ½ Turn Left, Shuffle ½ Turn Left, Pivot, ¼ Turn Left, Crossing Shuffle.

- 1-2            Step left forward (turning upper body slightly right and preparing to turn left), make a half turn left stepping back on right.

- 3&4            Make a half turn left stepping on left, right, left.

**Option: Counts 2-4 can be replaced with Step Right & Left Shuffle Forward for anyone not wishing to turn.**

- 5-6            Step right forward, pivot a quarter turn left

- 7&8            Cross right over left, step left to left side, cross right over left. (9 o'clock)

## Section 3 – ½ Hinge Turn Right, Crossing Shuffle, Side Step, Toe Touch, ¾ Pencil Turn Left.

- 1-2            Make a quarter turn right stepping back on left, make a quarter turn right stepping right to right side.

- 3&4            Cross left over right, step right to right side, cross left over right.

- 5-6            Step right to right side, touch left toe beside right.

- 7&8            Make a quarter turn left stepping left forward, make a further half turn left while hitching right knee

**(keeping right leg close to left) (6 o'clock)**

## Section 4 – Forward Rock, Jazz Jump Back, Hold, Rock Back, Kick Ball-Change.

- 1-2            Rock forward on right, recover weight onto left.

- &3            Jump back on right, left (feet shoulder width apart).

- 4            Hold.

- 5-6            Rock back on right, recover weight onto left.

- 7&8            Kick right forward, close right beside left (taking wight), replace weight onto left. (6 o'clock)

**Tag (16 Counts): Performed Once At The End Of Wall 3 (Facing 6'O'Clock)**

### Tag Section 1 – Forward Rock, Shuffle ½ Turn Right x3.

- 1-2            Rock forward on right, recover weight onto left.

- 3&4            Make a half turn right stepping on right, left, right.

- 5&6            Make a half turn right stepping on left, right, left.

- 7&8            Make a half turn right stepping on right, left, right.

### Tag Section 2 – Forward Rock, Shuffle ½ Turn Left x3.

- 1-2            Rock forward on left, recover weight onto right.

- 3&4            Make a half turn left stepping on left, right, left.

- 5&6            Make a half turn left stepping on Right, left, right.

- 7&8            Make a half turn left stepping on left, right, left.

Enjoy! ☐

