

Jumpin

拍數: 64
牆數: 1
級數: Phrased Improver
編舞者: Ayek Lesmana (INA) - June 2023
音樂: JUMPIN - Pitbull & Lil Jon



Sequence : TAG- A-A-A (with step change) TAG- A-B-A (with step change) TAG-A- A

PART A : 32 COUNT

A1. KICK – CLOSE – BALL – KICK – CLOSE – SIDE STEP – UPPER BODY - CHASSE

1&2 Kick RF forward (1), Close RF beside LF (&), Ball LF to side (bend the knees) (2)
3&4 Kick LF forward (3), Close LF beside RF (&), Step RF to side (weight on RF) (4)
5 - 6 Push upper body to left (5), Push upper body to right (6)
7&8 Step LF to side (7), Close RF beside LF (&), Step LF to side (8)

A1I. TAPx2 – ¼ TURN LEFT – TAPx2 – HAND PUSH – OUT OUTx2

1&2 Step RF in place (1), Lift RF off the floor (&), Step RF in place (2)
3&4 Turn ¼ left Step LF to side (3), Lift LF off the floor (&), Step LF in place (4)
5 - 6 Push right hand down (5), Push right hand diagonally up (6)
&7 Step RF diagonal forward (&), Step LF diagonal forward (7)
***Step Change Here : Turn ¼ right Step RF in place (&), Step LF to side (8)**
&8 Step RF back (&), Step LF back (8)

A1II. HITCH – STEP DOWN – HITCH – STEP DOWN&HITCHx2 – POINT – CLOSE – POINT – COASTER STEP

1&2 Hitch RF (1), Step RF down (&), Hitch LF (2)
&3&4 Step LF down (&), Hitch RF (3), Step RF down (&), Hitch RF (4)
5&6 Point RF to side (5), Close RF beside LF (&), Point LF to side (6)
7&8 Step LF back (7), Close RF beside LF (&), Step LF forward (8)

A1IV. FORWARD STEP – BEND KNEES – ¼ TURN LEFT – IN PLACE – CROSS – SIDE – 1/8 TURN RIGHT - CLOSE – FORWARD STEP – 1/8 TURN RIGHT - FORWARD STEP -1/4 TURN RIGHT -WALK

1&2 Step RF forward (bend both knees) (1), Bend both knees (&), Turn ¼ left Step LF in place (2)
3&4 Cross RF over LF (3), Step LF to side (&), Turn 1/8 right Close RF beside LF (4)
5 - 6 Step RF forward (5), Turn 1/8 right Step LF forward (6)
7 - 8 Turn ¼ right Step RF forward (7), Step LF forward (8)

PART B : 32 COUNT

B1. 1/8 TURN LEFT – BACK STEP – CLOSE – BEND KNEES & STRAIGHT LEGx2 – ¼ TURN RIGHT – SIDE STEP – CLOSE - BEND KNEES & STRAIGHT LEGx2

&1 - 2 Turn 1/8 left Step RF back (&), Close LF beside RF (1), bend both knees (2)
&3&4 Straight leg (&), Bend both knees (3), Straight leg (&), Bend both knees (4)
&5 - 6 Turn ¼ right Step LF to side (&), Close RF beside LF (5), bend both knees (6)
&7&8 Straight leg (&), Bend both knees (7), Straight leg (&), Bend both knees (8)

Styling : When you doing bend both knees and straight leg, move your hips and hands too.

B1I. 1/8 TURN LEFT – SIDE STEP – IN PLACE – PUSH HIPS MOVEMENT – ½ TURN RIGHT – SIDE STEP – IN PLACE – PUSH HIPS MOVEMENT

&1 - 2 Turn 1/8 left Step RF to side (&), Step LF in place and bend both knees (1), Push hips back (2) ... (9:00)
&3 Push hips back to center (&), Push hips back (3)
&4 Push hips back to center (&), Push hips back (4)
&5 - 6 Turn 1/2 right Step LF to side (&), Step RF in place and bend both knees (5), Push hips back (6) ... (3:00)

&7 Push hips back to center (&), Push hips back (7)
&8 Push hips back to center (&), Push hips back (8)

**B1II. 1/4 TURN LEFT – SIDE STEP – IN PLACE – BODY WAVE – ¼ TURN RIGHT -
BEND KNEES & STRAIGHT LEGx2**

&1 - 2 Turn 1/4 left Step RF to side (&), Step LF in place (1), Bend both knees (2)
&3&4 Gradually body wave from down to up (&), (3), (&), (4)
&5 - 6 Turn ¼ right Step RF to side “body angle 1:30” (&), Close LF beside RF (5), bend both knees (6)
&7&8 Straight leg (&), Bend both knees (7), Straight leg (&), Bend both knees (8)

**BIV. 1/2 TURN LEFT – SIDE STEP – CLOSE - IN PLACE BEND KNEES & STRAIGHT LEGx2 – ¼ TURN
RIGHT – PUSH HIPS SIDE TO SIDE**

&1 - 2 Turn 1/2 left Step LF to side “body angle 10:30” (&), Close RF beside LF (1), Bend both knees (2)
&3&4 Straight leg (&), Bend both knees (3), Straight leg (&), Bend both knees (4)
5 - 6 Turn ¼ right Step RF to side and push hips to right side (5), Push hips to left side (6)
7 – 8 Push hips to right side (7), Push hips to left side (8)

TAG : 12 COUNT

I. BIG STEP – SIDE STEP – DROP – UP – BODY WAVE

1 - 2 Big step RF to side and drop your body to the left side (1), gradually lift your body up (2), (3), (4)
5 6 7 8 Body wave (5), (6), (7), (8)

II. STEP IN PLACEx4

1 2 3 4 Close RF to LF (1), Step LF in place (2), Step RF in place (3), Step LF in place (4)

Enjoy the dance,

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