

Jump Into My Bed

COPPERKNOB
BYEPOSTETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: MJLD (KOR) - March 2024
音樂: Jump Into My Bed - Lou Bega



No Tag, No Restart

S 1 HEEL TOUCH, SAILOR, TOE TOUCH, CROSS SHUFFLE

- 1-4 RF cross heel touch over LF(1) , RF diagonal heel touch right(2) RF cross behind LF(3) , LF next to RF (&), RF right side (4)
5-8 LF cross toe touch over RF (5) , LF toe touch left side(6) LF cross over RF(7) , RF side(&), LF cross over RF

S2 SIDE MAMBO, HEEL SWITCHES (R,L), 1/4 FLICK

- 1-4 RF side rock(1), LF recover(&), RF cross LF(2), LF side rock(3), RF recover (&), LF cross RF(4)
5-8 RF heel touch fwd (5), RF together LF(&), LF heel touch fwd (6), LF together RF(&) RF toe touch fwd(7), RF 1/4 turn left recovering on LF flicking RF backwards(8)(9:00)

S 3 CROSS SHUFFLE (R.L), JAZZ BOX

- 1-4 R F cross over LF(1), LF side(&), RF cross over LF(2), LF cross over RF(3), RF side(&), LF cross over RF(4)
5-8 RF cross over LF(5), LF back RF (6), RF side (7), LF fwd(8)

S 4 FORWARD SHUFFLE(R,L), 1/4 PADDLE TURN LEFT X 2

- 1-4 RF diagonal fwd right(1), LF behind RF(&), RF diagonal fwd right(2) LF diagonal fwd left(3), RF behind LF(&), LF diagonal fwd left(4)
5-8 RF fwd 1/4 turn left with hip rolling(5). LF recover(6)(6:00), RF fwd 1/4 turn left with hip rolling(7), LF recover(8)(3:00)

Have Fun Dance ~

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