

K.K. Jump

拍數: 64 牆數: 2 級數: Advanced
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音樂: Bare Essentials - Lee Kernaghan



JUMP FEET TOGETHER, APART, ACROSS, APART, ACROSS, APART, KICK, STEP FORWARD

- 1-2 Jump feet together on the spot, jump feet apart at shoulders width
- 3-4 Jump feet crossing left in front of right, jump feet apart at shoulders width
- 5-6 Jump feet crossing right in front of left, jump feet apart at shoulders width
- 7-8 Kick left foot forward, step left to neutral (weight changed onto left)

DOUBLE RIGHT HIP BUMPS, DOUBLE LEFT HIP BUMPS, ½ MONTEREY

- 1-2 Step right forward with two hip bumps to right
- 3-4 Step left forward with two hip bumps to left
- 5-8- Right Monterey:- point right to side, step together swiveling a half turn to right, point left to side, step left together

- 1-16 Repeat last 16 counts (touch left next to right after Monterey turn)

RIGHT HEEL JUMP, CROSS JUMP, LEFT HEEL JUMP, CROSS JUMP, RIGHT HEEL JUMP, CROSS JUMP, LEFT HEEL JUMP, CROSS JUMP

- 1-2 Jump left foot back with right heel forward, cross jump left over right
- 3-4 Jump right foot back with left heel forward, cross jump right over left
- 5-6 Jump left foot back with right heel forward, cross jump left over right
- 7-8 Jump right foot back with left heel forward, cross jump right over left

SCOOT, SCOOT, HITCH KICK, STOMP RIGHT FORWARD

- 1-2 Scoot forward on right foot, scoot forward on right foot
- &3 Step left down, high kick right forward
- 4 Stomp right foot forward

SHIMMY FORWARD X4

- 1-4 Shimmy shaking shoulders forward

SAILOR STEP, CROSS BEHIND TURN ½, POINT LEFT SIDE

- 1&2 Step left behind right, step right to side, step left to side
- 3-4 Cross right behind left and unwind ½ turn right (weight on right), point left to side

STEP CROSS, KICK OUT ON DIAGONAL, CROSS, FULL TURN UNWIND

- 1-2 Step left across in front of right, kick right out on a 45 degree angle
- 3-4 Cross right in front of left, unwind a full turn to left (weight even)

DOUBLE HIP BUMPS RIGHT AND LEFT, HIP ROLLS TWICE

- 1-4 Double hip bumps to right, double hip bumps to left
- 5-8 To the right hip roll right, to the right hip roll right

REPEAT