

Ready To Jump

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Sandra Le Brocq
音樂: Jump - Madonna



Sequence: AAB, A(1-16), AAB, AAA, BB, ENDING

PART A

CROSS, SCISSOR -CROSS, ¼ LEFT 2 BACK STEPS, KICK BALL CHANGE, STEP

- 1-2&3-4 Step right across left, step left to side, step right next to left, step left across right, ¼ turn left stepping back on right
- 5-6&7-8 Step back on left, kick right forward, step back on ball of right, step left in place, step forward on right (9:00)

STEP, ¼ SCISSOR-CROSS, ¼ 2 TOUCHES, SIDE SHUFFLE, BACK STEP

- 1-2&3-4 Step forward on left, ¼ turn to left stepping right to side, step left next to right, cross step right over left, ¼ turn to right on ball of right touching left beside right
- 5-6&7-8 ½ turn to right on ball of right touching left beside right, shuffle to left left-right-left, cross step right behind left (3:00)

STEP, KICK BALL-CROSS, ¼ TOUCH, SIDE ROCK, SIDE SHUFFLE, "KNEE ROLL"

- 1-2&3-4 Step left in place, right side kick, ball-cross, ¼ turn left touching right beside left
- 5-6&7-8 Rock out to right side on right, shuffle to left left-right-left, right "knee roll" stepping in place (12:00)

"KNEE ROLL", ¼ COASTER, "KNEE ROLLX2, ¼ WEAVE, SCUFF

- 1-2&3-4 Left "knee roll" stepping in place, step back on right turning ¼ to right, step left next to right, step forward on right, left "knee roll" stepping to left side
- 5-6&7-8 Right "knee roll" stepping in place, step left behind right, step right forward turning ¼ right, step forward onto left, scuff right forward (6:00)

When dancing only the first 16 counts of Part A, on count 16 omit the cross step right behind left, and instead execute ¼ right turn keeping weight on left (weight is on left at the end of the shuffle 6 &7) to start Part A again

PART B

BOX CROSS, SIDE JUMP, CROSS WEAVE

- 1-4 Step right across left, step back on left, step to right on right, step left across right
- &5-6-7-8 Jump to right side stepping right left (feet together pushing fists above head slightly to right), cross right over left, step to side on left, step right behind left

Lower fists to waist level on count 6 (12:00)

SIDE JUMP, WEAVE, STEP ½ PIVOT, 2 STEP FULL TURN

- &1-2-3-4 Jump to left side stepping left, right, (feet together pushing fists above head slightly to left), step left behind right, step right to side, cross left over right

End with left slightly forward, arms lowered as before on count 2

- 5-8 Step forward onto right, pivot ½ turn left onto left, walk forward right, left (or make full turn left) (6:00)

BOX-CROSS, SIDE JUMP, CROSS WEAVE WITH ¼ TURN

- 1-4 Step right across left, step back on left, step to right on right, step left across right
- &5-6-7-8 Jump to right side stepping right left (feet together pushing fists above head slightly to right), cross right over left step to side on left step back on right with ¼ turn right

Lower fists to waist level on count 6 (9:00)

BACK ROCK- RECOVER, ¼ SIDE ROCK-RECOVER, CROSS JUMP, ½ TURN WITH 3 'BOUNCES'

- 1-4 Rock back onto left (extending left arm forward), recover onto right, ¼ turn to right rocking to side left on left (extending right arm to side so both arms are open at shoulder level, palms forward), recover on right
- 5-8 Cross jump left over right (dropping arms to side), ½ turn right bouncing on heels three times (12:00)

ENDING

End after 3 bounces. jump feet apart & punch right arm in air
