

# Jump (4 My Love)

COPPER KNOB  
BY STEPHEN HETS

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Crazy Chris (UK)  
音樂: Jump (For My Love) - Girls Aloud



## KICK OUT OUT, BUMP BUMP AND, KICK OUT OUT, BUMP BUMP AND

1&2      Kick right diagonally forward across left, step right to right side, step left to left side  
3-4&      Bump hips left, right, left  
5&6      Kick right diagonally forward across left, step right to right side, step left to left side  
7-8&      Bump hips left, right, left  
1st 8 counts you should travel slightly to the left

## SAILOR STEP, BEHIND SIDE IN FRONT, SIDE ROCK, SAILOR ¼ TURN

1&2      Step right behind left, step left to left side, step right to right side  
3&4      Step left behind right, step right to right side, step left in front right  
5-6      Rock right to right side, recover onto left  
7&8      Step right behind left, step left to left side, turn ¼ right stepping right forward

## ROCK RECOVER ¼, STEP ¼ TURN, ROCK RECOVER ¼, STEP ¾ TURN

1&2      Cross rock left diagonally over right, recover onto right, ¼ turn left stepping left forward  
3-4      Step forward right, turn ¼ turn left taking weight onto left  
5&6      Cross rock right diagonally over left, recover onto left, ¼ turn right stepping right forward  
7-8      Step forward left, ¾ turn right taking weight onto right

## SIDE BEHIND, AND HEEL, AND TOUCH, AND HEEL, AND CROSS, ¾ UNWIND

1-2&      Step left to left side, step right behind left, step left to left side  
3&4      Dig right heel diagonally forward to right side, step right beside left, touch left beside right  
&5&6      Step left to left side, dig right heel diagonally forward to right side, step right beside left, cross left over right  
7-8      Turn ¼ turn right, turn ½ turn right taking weight onto left

## REPEAT

## TAG

At the end of the 6th wall (facing the back)

## KICK BALL POINT, KICK BALL POINT, STEP ½ TURN, STEP ½ TURN

1&2      Kick right forward, step right beside left, touch left to left side  
3&4      Kick left forward, step left beside right, touch right to right side  
5-6      Step forward right, ½ turn left taking weight onto left  
7-8      Step forward right, ½ turn left taking weight onto left