

Jump Back

拍數: 64 牆數: 2 級數: Improver
編舞者: Norma Jean Fuller (USA)
音樂: I Hope You Want Me Too - The Mavericks



SAILOR SHUFFLE, MAMBO STEP, MAMBO STEP

1 Cross right behind left
&2 Step left to left side, step in place with right foot
3&4 Cross left behind right, step right to right side, step in place with left foot
5&6 Cross step right over left, step left in place, step right beside left (attitude)
7&8 Cross step left over right, step right in place, step left beside right

STEP TURN, MAMBO SIDE STEP, STEP TURN, MAMBO SIDE STEP

1 Step right foot forward
2 Pivot ½ turn to left on left
3&4 Step right foot to right, step left foot in place, step right foot beside left

More attitude

5 Step left foot forward
6 Pivot ½ turn to right on right
7&8 Step left foot to left, step right foot in place, step left foot beside right

& CROSS LEFT, STEP, SWIVEL SWIVEL SWIVEL, CROSS RIGHT, STEP, SWIVEL SWIVEL SWIVEL

&1 With weight on left step on ball of right foot behind left heel, cross left over right
2 Step right beside left
3&4 Swivel heels to right, swivel heels to left, swivel heels to right
&5 With weight on right, step on ball of left foot behind right heel, cross right over left
6 Step left beside right
7&8 Swivel heels to left, swivel heels to right, swivel heels to left

MONTEREY, SWIVEL SWIVEL SWIVEL, TOUCHES, STEP ¼ TURN RIGHT TOUCHES

1 Touch right toe to right side
2 Spin ½ turn right on left foot
3&4 Swivel heels to right, swivel heels to left, swivel heels to right
5 Touch left toe to left side
&6 Step left foot together, touch right toe to right side
&7 Step right foot beside left making ¼ turn right, touch left toe to side
&8 Step left foot together, touch right toe to right side

¼ TURN SAILOR SHUFFLE. JUMP BACK, SNAP, CROSS LEFT OVER RIGHT WITH ½ TURN, SNAP

1 Pivot ¼ turn right on ball of left and sweep/step right foot behind left
&2 Step left foot to left side, step right foot to right
3&4 Cross left foot behind right, step right foot to right side, step left foot in place
&5 Jump back on right, jump back on left, with feet slightly apart
6 Snap fingers on both hands
&7 Step back on ball of right foot, cross left over right (keeping left over right)
8 Pivot ½ turn right on balls of both feet, (ending with weight on left foot)

SAILOR SHUFFLES

1&2 Step right behind left, step left to left, step right to right
3&4 Step left behind right, step right to right, step left to left

& JUMP BACK, SNAP, CROSS LEFT OVER RIGHT WITH ½ TURN, SNAP

- &5 Jump back on right, jump back on left (with feet slightly apart)
- 6 Snap fingers or hold
- & With weight on left, jump back on right
- 7 Cross left over right keeping left over right)
- 8 Pivot ½ turn right on balls of both feet

1-8 Repeat previous 8 counts

SAILOR SHUFFLES, SWIVEL SWIVEL SWIVEL, TOUCH & TOUCH

- 1&2 Step right behind left, step left to left, step right to right
- 3&4 Step left behind right, step right to right, step left to left
- 5&6 Swivel heels to right, swivel heels to left, swivel heels to right
- 7&8 Touch left toes to side & step left beside right, touch right toes to side

REPEAT
