

Jump In

拍數: 80 牆數: 4 級數:
編舞者: Bill Bader (CAN)
音樂: Let Me In - Run C&W



When dancing to "Let Me In", begin on the first "Wee-oo".

- 1&2 Step forward right & push hips right, center, right
3&4 Step forward left & push hips left, center, left
- 5&6 Step forward right & push hips right, center, right
7&8 Step forward left & push hips left, center, left
- 1&2 Touch right heel forward, step right beside left, touch left toe back
3-4 Keeping feet in place: heel-swivel turn $\frac{1}{4}$ left, center. End with weight on left
- 5-8 Repeat above movement but end with weight equal, both feet flat on the floor
- 1&2 Jump with both feet together to right side, shift hips left, right (very subtle hip motion)
3&4 Repeat jump and hip movements
- 5-8 4 stomps in place: right, left, right, left. Bring the knee in prior to the stomp to create hip action.
- 1& Touch right heel forward, together right
2& Touch left heel forward, together left
3-4 Touch right heel forward twice
& Quickly step together right
- 5& Touch left heel forward, together left
6& Touch right heel forward, together right
7-8 Touch left heel forward twice
& Quickly step together left
- 1-4 Walk forward right, forward left, forward right, jump forward bringing both feet together
- 5-8 2 knee rolls to the left(2 beats per roll) moving knees forward, left, back, right
- & Step left toe/ball back
1-4 Cross step right across in front of left, step side left, slide right to left on two counts
& Step right toe/ball back,
5-8 Cross step left across in front of right, step side right, stomp left next to right, stomp right in place
- 1-2 Touch left heel forward, snap left toe down stepping forward
3 Touch right heel forward
4 Keeping feet in place, turn both toes $\frac{1}{4}$ left lowering right toe
5-8 Repeat 1-4 above (heel, toe, heel, turn left)
- 1-4 Repeat 1-4 above (heel, toe, heel, turn $\frac{1}{4}$ left)
5-7 Repeat 1-3 above (heel, toe, heel...)

8 Touch right toe back

1-2 Touch right heel forward, touch right toe side
3&4 Shuffle in place (right, left, right)
5-6 Touch left heel forward, touch left toe side
7&8 Shuffle in place (left, right, left)

1-2 Touch right heel forward, touch right toe side
3&4 Shuffle in place (right, left, right)
5-6 Touch left heel forward, touch left toe side
7&8 Shuffle in place (left, right, left)

REPEAT
