

Jump On It

COPPER KNOB
STEPPERS

拍數: 0 牆數: 1 級數: Improver
編舞者: Charles Johnson
音樂: Jump On It - Apache



Sequence: Begin after 25 second intro. AAAA, BCB, AAAA, BCC, BCC, AAAA, BCC, B, AAAA, BBB

PART A

HIP BUMPS AND HORSE RIDING

1-2 With hands on hips, bump left and hold
3-6 Bump back, right, and forward, hold
7-8 Bump left and back

&1 Jump up slightly landing right, left while turning ¼ left
&2&8 Repeat &1 seven times

During these counts - place left hand out in front of you like holding the reins of a horse and circle right hand in air like you're twirling a lasso

PART B

1-4 Swivel steps forward right, left, right, left/clap
&5&6&7&8 Hop back right-left 4 times
9-16 Repeat 1-8

PART C

1-2 Step right to right side, step left next to right
3&4 Shuffle to right side right, left, right
5-6 Step left to left side, step right next to left
7&8 Shuffle to left side left, right, left

1-2 Step right forward, step left next to right
3&4 Shuffle forward right, left, right
5-6 Step left back, step right next to left
7&8 Shuffle backward left, right, left

1&2 Rock right to right, recover on left, cross right over left
3&4 Rock left to left, recover on right, cross left over right
5-8 Repeat 1-4

1-4 Each with a ¼ turn right- step forward right, left, right, left
5-6 Step back right, step left next to right
7&8 Jump forward three times