Jump On It



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 hold3-6 Bump back, right, and forward, hold

7-8 Bump left and back

&1 Jump up slightly landing right, left while turning ½ 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 3&4	Step right to right side, step left next to right 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 5-6	Each with a ¼ turn right- step forward right, left, right, left Step back right, step left next to right
7&8	Jump forward three times