

# Jump On The Floor

COPPERKNOB  
BY STEPHENETS

拍數: 48      牆數: 2      級數: Intermediate/Advanced  
編舞者: Frank Cooper (CAN)  
音樂: Family Affair - Mary J. Blige



## WALK FORWARD, ROCK AND SWEEP ¼ TURN LEFT, TOE POINT FORWARD, TOE POINT FORWARD ¼ TURN

- 1-3            Walk forward right, left, right  
4&5-6        Rock forward on left foot, recover back onto the right foot, sweep left toe around to the left a ¼ turn to the left, touch left toe beside right  
&7&8         Step left foot down beside right, point right toe forward, bring right foot beside left, point left toe forward making a ¼ turn to the left

## SYNCOPATED VINE RIGHT, BALL POINT, BALL CROSS, TOUCH BALL CROSS

- &9-10        Step left foot down beside right, step right foot to right side, step left foot behind right  
&11&12      Step right foot to right side, step left foot over right, step right foot to right side, step left foot behind right  
&13&14      Step right foot to right side, point left toe to left side, step left foot slightly back, step right foot over left  
15&16        Touch left toe to left side, step left foot slightly back, step right foot over left

## SIDE ROCK, SYNCOPATED WEAVE ¼ TURN RIGHT, JAZZ SHUFFLE

- 17-20        Rock left foot out to left side, recover onto right, step left foot behind right, step forward on right ¼ turn right, step forward on left  
21-22        Step right foot over left, step back on left  
23&24        Shuffle back right, left, right on a 45 degree angle to the right

## SHUFFLE BACK, BALL POINT, BALL STEP, PIVOT ½ TURN RIGHT, CHASE ½ TURN RIGHT

- 25&26        Shuffle back left, right, left on a 45 degree angle to the left  
&27&28      Step back on right foot, point left toe forward, step slightly back on left foot, step forward on right  
29-30        Touch left toe forward, pivot ½ turn right  
31&32        Step forward on left, step right foot beside left ½ turn right, step forward on left

## ROCK & CROSS RIGHT AND LEFT, SYNCOPATED TOE POINTS,

- 33&34        Rock right foot out to right side, recover onto left, step right foot over left  
35&36        Rock left foot out to left side, recover onto right, step left foot over right  
37&38        Point right toe to right side, step right foot beside left, point left toe to left side  
&39&40      Step left foot beside right, point right toe to right side, step right foot beside left, touch left toe forward

## SIT & TURN ¼ RIGHT, SIDE SHUFFLE, CROSS OVER, OPEN, SAILOR ½ TURN

- 41&42        Bend knees forward while pushing hips back (sit position), straighten knees while pushing hips forward (stand position) while making a ¼ turn to the right  
43&44        Step right foot to right side, step left foot beside right foot, step right foot to right side  
45-46        Step left foot over right, step right foot to right side  
47&48        Cross left foot behind right, make ½ turn left stepping back on right, cross left over right

REPEAT