

Jump On The Floor

COPPER KNOB
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