

Jump Start

拍數: 32 牆數: 2 級數: Improver
編舞者: Jon Peppin (AUS)
音樂: Leap Of Faith - Delbert McClinton



- 1-2 Touch right heel forward, touch right toe back
3-4 Pivot ½ turn right on left, touch right beside left
5&6 Right shuffle forward right-left-right
7-8 Rock/step left forward, rock/replace weight onto right
- 1&2 Left shuffle backwards left-right-left
&3&4 Pivot ½ turn right on left, right shuffle forward right-left-right
5-6 Rock/step left forward, rock/replace weight onto right
7&8 Left backward coaster step - step left back, step right beside left, step left forward
- 1-2 Step/rock right to right side, return/rock weight onto left
3&4 Right cross shuffle traveling left (right-left-right)
5-6 Step/rock left to left side, return/rock weight onto right
7&8 Left cross shuffle traveling right (left-right-left)

BALL JACKS

- &1&2 Jump right back, touch left heel at left 45, step left to center, step right together
&3&4 Jump left back, touch right heel at right 45, step right to center, step left together
5-6 Jump both feet out, jump both feet in - crossing right in front of left
7-8 Pivot ½ turn left - unwind, clap

REPEAT

The last 8 counts can be done as follows:

- &1-2-3-4 Jump right back, touch left heel to left 45, step left beside right, touch right heel to right 45, touch right beside left
5-6-7-8 Touch right toe to right side, cross right in front of left, pivot ½ turn left-unwind, clap