

Jump Start

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Pepper Siquieros (USA)
音樂: Jump Start Your Heart - Travis Vincent



RIGHT SIDE CHASSÉ TRIPLE; BACK TRIPLE; ROCK-STEP; FORWARD TRIPLE

- 1 Right foot step to right side (3:00, facing 12:00)
- & Left foot step close to right foot
- 2 Right foot step to right side (3:00), rotating $\frac{1}{4}$ to left (facing 9:00)
- 3 Left foot step back (3:00)
- & Right foot step close to left foot
- 4 Left foot step back (3:00)
- 5 Right foot rock step back (3:00)
- 6 Left foot recover back in place (9:00)
- 7 Right foot step forward (9:00)
- & Left foot step close to right foot
- 8 Right foot step forward (9:00), rotating $\frac{1}{4}$ to right (facing 12:00)

LEFT SIDE CHASSÉ TRIPLE; ROCK-STEP; DOUBLE LILTED KICKS STEPS WITH CLAPS

- 9 Left foot step to left side (9:00)
- & Right foot step close to left foot
- 10 Left foot step to left side (9:00), rotating $\frac{1}{4}$ to right (facing 3:00)
- 11 Right foot rock step back (9:00)
- 12 Left foot recover back in place (3:00)
- & Left foot hop up in place
- 13 Right foot kick forward (3:00)
- & Left foot hop up in place
- 14 Right foot step forward and clap hands (3:00)
- & Right foot hop up in place
- 15 Left foot kick forward (3:00)
- & Right foot hop up in place
- 16 Left foot step forward and clap hands (3:00)

RIGHT BRUSH HOP STEP WITH CLAP; TWIST KICK STEP WITH CLAP

- 17 Right foot brush right foot forward and up, weight on left foot
- & Left foot hop up and forward (3:00), rotating $\frac{1}{4}$ to left (facing 12:00)
- 18 Right foot step to right side and clap hands (3:00)
- 19 Left foot twisting body to left, kick diagonally side left (10:30)
- 20 Left foot recovering to right, step down shoulder width from right foot and clap hands (facing 12:00)
- 21-24 With weight on both feet, roll hips full turn to the right, weight on left foot to end

SWINGING SIDE BASICS; DOUBLE HEEL JACKS

- 25 Right foot step press next to left foot
- & Left foot step in place
- 26 Right foot swing step to right side (3:00)
- 27 Left foot step press next to right foot
- & Right foot step in place
- 28 Left foot swing step to left side (9:00)
- & Right foot twisting body to left, step slightly back (4:30)

- 29 Left foot touch heel diagonally forward (10:30)
- & Left foot step back to center of body position
- 30 Right foot recovering body right, step close to left foot (facing 12:00)
- & Left foot twisting body to right, step slightly back (7:30)
- 31 Right foot touch heel diagonally forward (1:30)
- & Right foot step back to center of body position
- 32 Left foot recovering body left, step close to right foot

CHASE TURN WITH HOLDS; RIGHT FORWARD TRIPLE; LEFT FORWARD TRIPLE

- 33 Right foot step forward (12:00)
- 34 Hold in place
- 35 Left foot chase turn, rotating ½ to left, step forward in place (6:00)
- 36 Hold in place
- 37 Right foot step forward (6:00)
- & Left foot step close to right foot
- 38 Right foot step forward (6:00)
- 39 Left foot step forward (6:00)
- & Right foot step close to left foot
- 40 Left foot step forward (6:00)

CHASE TURN WITH HOLDS; FOUR FORWARD WALKS

- 41 Right foot step forward (6:00)
- 42 Hold in place
- 43 Left foot chase turn, rotating ½ to left, step forward in place (12:00)
- 44 Hold in place
- 45 Right foot step forward (12:00)
- 46 Left foot step forward (12:00)
- 47 Right foot step forward (12:00)
- 48 Left foot step forward (12:00)

KICK BALL STEP; HEEL JACK; DIAGONAL HOP STEPS

- 49 Right foot kick forward (12:00), weight on left foot
- & Right foot step slightly forward as kick recoils (12:00)
- 50 Left foot step forward (12:00)
- & Right foot twisting body to left, step slightly back (4:30)
- 51 Left foot touch heel diagonally forward (10:30)
- & Left foot step back to center of body position
- 52 Right foot recovering body right, touch close to left foot (facing 12:00), weight on right foot

- & Right foot hop step diagonally forward to right (1:30)
- 53 Left foot touch close to right foot
- & Left foot hop step diagonally forward to left (10:30)
- 54 Right foot touch close to left foot
- & Right foot hop step diagonally forward to right (1:30)
- 55 Left foot touch close to right foot
- & Left foot hop step diagonally forward to left (10:30)
- 56 Right foot touch close to left foot (facing 12:00)

OUT-OUT, IN-IN CROSS; TWIST TURN; HOLD WITH CLAP; PONY WALK; HOLD WITH CLAP

- & Right foot holding body in place, step out to right (3:00)
- 57 Left foot holding body in place, step out to left (9:00)
- & Right foot holding body in place, step in to center
- 58 Left foot holding body in place, step in & cross in front of right foot
- 59 With weight on both feet, twist turn, rotating ½ to right (finishing 6:00)

- 60 Hold in place and clap hands (facing 6:00)
- 61 Right foot step forward (6:00)
- & Left foot step forward on ball slightly to left of right foot
- 62 Right foot step forward (6:00)
- & Left foot step forward on ball slightly to left of right foot
- 63 Right foot step forward (6:00)
- & Left foot step forward slightly to left of right foot
- 64 Hold in place and clap hands (facing 6:00)

REPEAT
