

Jump Up!

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Lauren Peacock (AUS)
音樂: Jump Up - Da Beat Bros.



Starts after the words " Mr. C". Count 5,6,7,8, then start.

- 1-2 Jump both feet to the right, then left
& Quickly hook right foot in front & down low on shin of left leg
3&4 Right shuffle forward
5&6 Step forward left, pivot ½ turn right, step forward left
7&8 Shuffle forward on right
- 1&2&3 Three running men
&4 Twist both heels to the left
5&6 Two paddle turns turning ¼ turn left each one
&7&8 One paddle turn turning a further turn to the left, tap right foot out to side
- 1&2 Kick right out in front, replace & touch left to left side
3&4 Kick left out in front, replace & touch, step foot out to side
5-6 Stomp right forward, clap x 1
&7&8 Step left up beside right, step right forward, 2 claps
- 1&2 Left coaster forward
3&4 Right coaster back
5-6 Step left forward and ½ turn to the right, weight onto right
7& Step left forward, ½ turn hitching the right & clap
8& Step right ½ turn, hitching the left & clap (completing 1 full turn)
- 1-2&3&4 Sync vine to the left place left heel out at 45 degrees
5-6&7&8 Sync vine to the left place right heel out to 45 degrees
1-2 Step left forward, turn ½ turn to right
3&4 Turning triple step...completing 1 full turn to right, moving slightly forward
5-6 Two walks right-left
&7&8 Two backstreet boy steps (jump both feet apart, body facing 45 degrees left, jump feet together, jump both feet apart, body facing 45 degrees right, jump feet together)

REPEAT
