

Jumping Jack

拍數: 58 牆數: 4 級數: Intermediate
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音樂: Better Things to Do - Terri Clark



JUMP, CROSS, ½ TURN, BODY ROLL

1 Jump shoulder wide apart
2 Cross jump left foot over right foot
3 Jump shoulder wide apart
4 Cross jump right foot over left foot
5 ½ turn right
6 Hold
7-12 Repeat 1-6
13-16 Body roll

SAILOR STEP, JAZZ BOX WITH ¼ TURN, JUMP

1&2 Cross left foot over right foot, right foot to right, left heel in front
3&4 Cross right foot over left foot, left foot to left, right heel in front
5-8 Jazz box with ¼ turn right end with a little jump forward

End with weight on both feet

APPLEJACKS, KICK TWICE

1-8 Applejacks
9 Kick right foot forward
10 Kick right foot forward

Option:

1-8 Swivel and heel splits

MAMBO STEPS

1&2 Right foot to right, weight to left foot, right foot over left foot
3&4 Left foot to left, weight to right foot, left foot over right foot
5-8 Repeat 1-4

TOE TAPS, HEEL TAPS

1-2 Two right toe taps to right
3-4 Two left toe taps to left
5 Right toe tap to right
6 Left toe tap to left
7-8 Two right heel taps forward

CROSS, UNWIND TURN ¾, STEP WITH ¼ TURN, SLIDE, STOMP TWICE

1 Cross right foot behind left foot
2-3 ¾ turn right
4 Long step to left with ¼ turn left
5-7 Slide right foot next to left foot
&8 Stomp right foot twice

REPEAT