

Jumping

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Give Back My Heart - Lyle Lovett



(1-8) Leaps With Kicks, Touch Toe Behind Hop Twice, Step Cross, Unwind Full Turn , Step Drag

- 1 LF Leap onto LF and kick right foot across left to left diagonal (body facing 12:00)
- & RF Leap onto RF and kick left foot to left diagonal
- 2 LF Leap on LF and hook RF behind
- & RF Touch toe behind LF
- 3 LF Hop on LF
- & RF Touch toe behind LF
- 4 LF Hop on LF
- & RF Step forward
- 5 LF Cross behind RF
- 6 Unwind full turn left (face 12:00)
- 7 LF Big step to the left (9:00)
- 8 RF Drag next to LF

(9-16) HOP Heel Hop Toe, Gallops, Stomp And Heel Swivels

- & LF Hop onto LF
- 1 RF Touch heel right diagonal forward
- & LF Hop onto LF
- 2 RF Touch toe behind LF
- & LF Hop onto LF
- 3 RF Step to the right (3:00)
- & LF Step together
- 4 RF Step to the right
- & LF Step together
- 5 RF Step to the right
- & LF Step together
- 6 RF Step to the right
- & LF Step together
- 7 RF Stomp forward
- & Both swivel heels outward
- 8 Both swivel heels inward

(17-24) SKIP Change Of Step, Triple With 1 T 1/2 Left , Skips Back

- & 5/8 turn right keeping weight on LF
- 1 RF Step forward (7:30)
- & LF Step together
- 2 RF Step forward
- 3 LF Step forward
- & RF Step together
- 4 LF Step forward
- 5&6 Triple step with 1 T 1/2 left
- 7 LF Step back (face 1:30)
- & LF Skip back
- 8 RF Step back
- & RF Skip back

(25-32) Sailor Step With 1/8 Turn, Sailor Step With 3/4 Turn, Brush Hop Brush, Hop Toe , Hop Heel.

- 1 LF Step behind RF, 1/8 turn left
 - & RF Step to the right (face 12:00)
 - 2 LF Step to the side
 - 3 RF Cross behind LF with 1/4 T right
 - & LF Step back with 1/4 T right
 - 4 RF Step forward with 1/4 T right (face 9:00)
 - 5 LF Brush forward
 - & RF Hop onto RF
 - 6 LF Brush back
 - & RF Hop onto RF
 - 7 LF Touch toe to right instep
 - & RF Hop onto RF
 - 8 LF Touch heel to left diagonal
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