

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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