

# Jump on This

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Maurice Rowe (USA) - August 2008  
音樂: So Much Betta - Janet Jackson : (Album: Discipline)



## Or Music:

“Loved Stoned” by Justin Timberlake

“Got To Give It Up” by Aaliyah

Intro: 20 Count intro: Start when she says “Tired of being number two”.

## Walk, walk, ¼ ball cross, ¼ turn, anchor, slide, step

1, 2      Walk forward right, left  
&3      Step forward onto the ball of the right foot, turning ¼ turn left, cross left over right (9:00)  
4      Turning ¼ turn left, step back on right foot (6:00)  
5&6      Step left next to right, take weight onto right, replace weight to left  
7,8      Step right to right sliding left next to right and taking weight onto left foot.

## Walk, walk, shuffle forward, 1 ½ turn right, knee pops

1, 2      Walk forward right, left  
3&4      Step forward on right, step left together with right, step forward right.  
5      Turning ½ turn right, step back on left (12:00)  
6      Turning ½ turn right, step forward on right (6:00)  
7      Turning ½ turn right, step back on left (12:00)  
&8      Pop left knee, pop right knee (weight ends on left foot, facing 12:00)

## Walk, walk, ball-step-cross, ball-step-cross, ½ turn, ¼ turn

1,2      Walk forward right, left.  
&3      Rock right out to right side, quickly replacing weight to left foot.  
4      Cross right over left  
&5      Rock left out to left side, quickly replacing weight to right foot  
6      Cross left over right  
7      ½ turn left stepping back on right (facing 6:00)  
8      ¼ turn left stepping out on left (end facing 3:00)

## Shuffle forward, rock-recover, walk back LRL, out-out

1&2      Step forward right, bring left together with right, step forward right.  
3, 4      Rock left foot forward, replace weight to right.  
5,6,7      Walk back left, right, left.  
&8      Step right to right, left to left (weight ends on left).