

# Out & Jump

COPPER KNOB  
STEPSHEETS

拍數: 64  
編舞者: Rep Ghazali (SCO) - June 2010  
音樂: Jump Into My Bed - Lou Bega

牆數: 4

級數: Phrased Easy Intermediate



32 count intro start on vocal

Sequence: A, A, A, B, A, A, A, B, A, A, A, B

## PART A - 32 COUNT:

### (1-8) RIGHT CHASSE, CROSS ROCK-RECOVER, LEFT CHASSE, CROSS-¼ TURN RIGHT

1&2 step Right to Right side, step Left together, step Right to Right side  
3-4 rock Left across Right, recover on Right  
5&6 step Left to Left side, step Right together, step Left to Left side  
7-8 cross Right over Left, ¼ turn Right by stepping back on Left (3)

### (9-16) ROCK BACK-RECOVER, TRIPLE ½ TURN, ¼ TURN-TOGETHER, LEFT SHUFFLE FWD

1-2 rock back Right, recover on Left  
3&4 triple ½ turn Left by stepping Right-Left-Right on the spot (9)  
5-6 ¼ turn Left by stepping Left to Left side, step Right together (6)  
7&8 step forward Left, step Right together, step forward Left

### (17-24) RIGHT ROCKING CHAIR, RIGHT SHUFFLE FWD, CROSS-¼ TURN

1-2 rock forward Right, recover on Left  
3-4 rock back Right, recover on Left  
5&6 step forward Right, step Left together, step forward Right  
7-8 cross Left over Right, ¼ turn Left by stepping back on Right (3)

### (25-32) SIDE-HOLD, AND-SIDE ROCK-RECOVER, BEHIND-SIDE-CROSS, SIDE ROCK-RECOVER

1-2 step Left to Left side (or stomp Left to Left side), hold  
&3-4 step Right together, rock Left to Left side, recover on Right  
5&6 step Left behind Right, step Right to Right side, cross left over Right  
7-8 rock Right to Right side, recover on Left and low filick back on Right (3)

## PART B - 32 COUNT (every time start facing 9 o'clock wall and finishing facing 12 o'clock wall):

### (1-8) OUT-HOLD, OUT-HOLD, RIGHT AND LEFT SHUFFLE BACK

1-2 step out forward on Right, hold  
3-4 step out forward on Left (shoulder apart), hold  
5&6 angling your body toward Right corner step back Right, step Left together, step back Right  
7&8 angling your body toward Left corner step back Left, step Right together, step back Left

### (9-16) JUMP BACK-HOLD, JUMP BACK-HOLD, RIGHT AND LEFT TOE STRUTS

1-2 with both feet together small jump back, hold  
3-4 with both feet together small jump back (ending weight on Left), hold

#### Alternative steps 1-4: step back Right, hold, step back Left, hold

5-6 touch Right toe forward, drop Right heel on the floor  
7-8 touch Left toe forward, drop Left heel on the floor

### (17-24) REPEAT COUNT 1-8

### (25-32) JUMP BACK-HOLD, JUMP BACK-HOLD, FORWARD TOE STRUT, ¼ TURN TOE STRUT

1-2 with both feet together small jump back, hold  
3-4 with both feet together small jump back (ending weight on Left), hold

#### Alternative steps 1-4: step back Right, hold, step back Left, hold

5-6

touch Right toe forward, drop Right heel on the floor

7-8

¼ turn Right by touching Left toe back, drop Left heel on the floor

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