

Jump

拍數: 80 牆數: 1 級數: Beginner / Newcomer
編舞者: Andrés de la Rubia Alberti (ES) - September 2010
音樂: Waka Waka (This Time for Africa) - Shakira



Secondary Music: "Jump In The Line" by Harry Belafonte
Dance Sheet prepared for: Andrés de la Rubia Alberti

(1-8) Big Step Right, Slide with Shimmy, Bumps, Roll Right

- 1 Step right to side
- 2-4 Step left together shoulder while moving alternately
- 5 Left hips
- 6 Right hip
- 7-8 We rotated a full turn to the right, leaving the weight on his right leg

(9-16) Big Step Left, Slide with Shimmy, Bumps, Roll Right

- 9 Step left to side
- 10-12 Step right together shoulder while moving alternately
- 13 Right hip
- 14 Left hips
- 15-16 We rotated a full turn left leaving weight on left leg

(17-24) Diagonal steps forward with Hip Bumps (x4)

- 17 Right toe diagonally forward with hips
- 18 We support your right
- 19 Left toe diagonally forward with hips
- 20 We support your left
- 21 Right toe diagonally forward with hips
- 22 We support your right
- 23 Left toe diagonally forward with hips
- 24 We support your left

(25-32) Diagonal steps back with Hip Bumps (X4)

- 17 Right toe diagonally back with hips
- 18 We support your right
- 19 Left toe diagonally back with hips
- 20 We support your left
- 21 Right toe diagonally back with hips
- 22 We support your right
- 23 Left toe diagonally back with hips
- 24 We support your left

(33-40) Full Turn Right, Clap, Full Turn Left, Clap

- 33 Step right to side turn $\frac{1}{4}$ right
- 34 Step left back turn $\frac{1}{2}$ right
- 35 Step right to side turn $\frac{1}{4}$ right
- 36 Clap
- 37 Step left to side turn $\frac{1}{4}$ left
- 38 Step right back turn $\frac{1}{2}$ left
- 39 Step left to side turn $\frac{1}{4}$ left
- 40 Clap

(41-48) Mambo Forward, Mambo Back, Mambo Right, Mambo Left

41 Step right forward
& Weight back to left
42 Step right together
43 Step left back
& Weight back to right
44 Step left together
45 Step right to side
& Weight back to left
46 Step right together
47 Step left to side
& Weight back to right
48 Step left together

(49-80) Step Syncopated Forward, Step Syncopated Back, 1/4 Turn left With Hip Bumps (X4)

1 Step left forward and left
& Step right forward and right
2 Step left forward and left
& Step right back and right
3 Step left back and left
& Step right back and right
4 Step left back and left
5 We raise hips forward turn 1/8 left
6 Hip ago
7-8 Repeat 5-6

Restart: In the fourth sequence will count until 32, and then we restart

With the music of Harry Belafonte, after the restart, introduce four claps for every 4 counts within the first 32 counts.
