

Out & Jump (□□□□)

LINEDANCE.COM

Count: — **Wall:** 4 **Level:** Beginner/Intermediate

Choreographer: Rep Ghazali , Scotland (June 10)

Music: Jump Into My Bed by Lou Bega (CD: 130bpm)

□□ **32 count intro start on**

vocal 32□□□□□

Part A: 32 COUNT A□□ 32□

□□

Right Chasse, Cross Rock-Recover,

Left Chasse, Cross- $\frac{1}{4}$

Turn Right

□□ , □□□ -□ , □□ , □□ -□ /4

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, 1/4 turn Right by stepping back on Left (3)

□□□□□□□□ , □□ 90□□□□□□ (□□ 3□□)

□□□

Rock Back-Recover, Triple 1/2 Turn, 1/4 Turn-Together, Left Shuffle Fwd

□□□ -□□ , □□□ , 1/4-□□ , □□□

1-2

rock back Right, recover on Left □□□□□□ , □□□□

3&4

triple 1/2 turn Left by stepping Right-Left-Right on the spot (9)

□□□□□□□□ 180□ -□□ , □□ , □□

5-6

1/4 turn Left by stepping Left to Left side, step Right together (6)

□□ 90□□□□□□ , □□□□ (□□ 6□□)

7&8

step forward Left, step Right together, step forward Left

□□□□ , □□□□ , □□□□

□□□

Right Rocking Chair, Right Shuffle

Fwd, Cross-1/4 Turn

□□□ , □□□□ , □□ -1/4

1-2

rock forward Right, recover on Left □□□□□□ , □□□□

Part B: 32 COUNT (everytime start facing 9 o'clock wall and

finishing facing 12 o'clock wall) B███ 32█ (█████ 9████ , █████ 12██)

███

mso-font-kerning:0pt">Out-Hold, Out-Hold, Right And Left Shuffle Back

mso-font-kerning:0pt">█ -█

mso-font-kerning:0pt">, █ -█ , █████ , █████

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

(█████)█████ , █████ , █████

███

mso-font-kerning:0pt">Jump Back-Hold, Jump Back-Hold, Right And Left Toe

Struts

mso-font-kerning:0pt">□□

mso-font-kerning:0pt">-□ , □□ -□ , □□□ , □□□

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

1-4: step back Right, hold, step back Left, hold

1-4□□□ :□□□□ , □ , □□□□ , □

5-6

touch Right toe forward, drop Right heel on the floor

□□□□□ , □□□□

7-8

touch Left toe forward, drop Left heel on the floor

□□□□□ , □□□□

□□□

mso-font-kerning:0pt">Repeat Count 1-8

□□ **1-8**

mso-font-kerning:0pt">□

□□

mso-font-kerning:0pt">Jump Back-Hold, Jump Back-Hold, Forward Toe Strut, ¼

Turn Toe Strut □□

mso-font-kerning:0pt">-□ , □□ -□ , □□ , 1/4

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

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

1-4: step back Right, hold, step back Left, hold

1-4□□□ :□□□□ , □ , □□□□□ , □

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

□□ **90**□□□□□□□ , □□□□