

Jump on This

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Maurice Rowe - Aug 08

Music: "So Much Betta" By Janet Jackson (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).