

JUMP IN

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Count: 64 **Wall:** 4 **Level:** Intermediate level

Choreographer: Chris Watson (Dare 2 Dance) Tamworth.

Music: Jump (For My Love) by Girls Aloud (Love Actually Sound Track)

&1,2&3,4 Jump R foot Forward and out to R side, Jump L forward and out to L side and clap. Jump R back and to center, Jump Left together and clap.

&5&6&7&8 Jump R Foot out to R side, Jump L foot to L side, jump R to center and L together and Repeat, taking weight onto L.

1,2,3,4 Step R foot and bounce R heel 3 times.

5,6,&7&8 Rock Forward onto L and back onto R, Step L foot back and Step R heel 45, Step R foot back and L 45.

&1,2,3&4 Step l foot Back and R forward doing a 1/4 turn via L, take weight to L, Cross Shuffle R Over L, L to L side and R over L.

5,6,7&8 Rock L to L side, Rock weight back onto R, Step L behind R, R to R side and cross L over R.

1,2,3&4 Touch R toe to R Side, doing a 1/2 turn via your R, Rock L to L side, weight back onto R and Cross L over R.

5&6&7&8 R Heel 45, L Heel 45, 2 right Heel 45's. 32 Beats Restart Dance

EXTRAS: At the start of the 6th wall do the 1st 8 beats then restart wall 6. (3 O clock wall) At end of wall 11 (9 O Clock wall) do a slight tag:

1&2&3,4 Step R foot Pushing hips Forward R, then back to L, then R,L,R then Clap

5&6&7,8 Step L foot forward pushing hips L,R,L,R,L Clap

1,2,3,4 Strut back on R , Strut back on L

5,6,7,8 Step R to r side Pushing Hips, R,L,R,L Restart.

Hope you enjoy this fun dance. thanks for your support, Please stay in touch in 2004.

