

Joops Jump - Chair Dance

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Count: 48

Wall: —

Level: Chair Dance

Choreographer: Pat Margarita (June 2014)

Music: Joops Jump by Rockin' Louie

Instructor Faces Group, Sitting

SITTING IN CHAIR, FEET FLAT ON THE FLOOR, MIRROR INSTRUCTORS MOVES.

FORWARD, BACK, SIDE TOGETHER TOUCHES, LEFT SIDE, RIGHT SIDE 32 COUNTS

1-4 TOUCH LEFT TOE FORWARD, BACK, FORWARD BACK

5-8 TOUCH LEFT TOE OUT TO LEFT, IN, OUT, IN

1-4 TOUCH RIGHT TOE FORWARD, BACK, FORWARD, BACK

5-8 TOUCH RIGHT TOE OUT TO RIGHT, IN, OUT, IN

1-16 REPEAT BOTH PATTERNS LEFT AND RIGHT.

FORWARD KICKS FOR 32 COUNTS

1-4 KICK LEFT FOOT FORWARD, RETURN, KICK RIGHT FOOT FORWARD, RETURN

5-8 KICK LEFT FOOT FORWARD, RETURN, KICK RIGHT FOOT FORWARD, RETURN

1-8 REPEAT KICK PATTERN

BEGIN AGAIN FROM TOP.

Contact: instructor5678@gmail.com