Linedancer

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Out & Jump

Phrased, 4 Wall, Improver
Choreographer: Rep Ghazali (Scotland) June 2010
Choreographed to: Jump Into My Bed by Lou Bega
(130 bpm)

32 count intro start on vocal
Sequence: A, A, A, B, A, A, A, B, A, A, A, B

PART A 32 COUNT:

01-08 RIGHT CHASSE, CROSS ROCK-RECOVER, LEFT CHASSE, CROSS-¼ TURN RIGHT
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, ¼ turn Right by stepping back on Left (3)

09-16 ROCK BACK-RECOVER, TRIPLE ½ TURN, ¼ TURN-TOGETHER, LEFT SHUFFLE FWD
1-2 rock back Right, recover on Left
3&4 triple ½ turn Left by stepping Right-Left-Right on the spot (9)
5-6 ¼ turn Left by stepping Left to Left side, step Right together (6)
7&8 step forward Left, step Right together, step forward Left

17-24 RIGHT ROCKING CHAIR, RIGHT SHUFFLE FWD, CROSS-¼ TURN
1-2 rock forward Right, recover on Left
3-4 rock back Right, recover on Left
5&6 step forward Right, step Left together, step forward Right
7-8 cross Left over Right, ¼ turn Left by stepping back on Right (3)

25-32 SIDE-HOLD, AND-SIDE ROCK-RECOVER, BEHIND-SIDE-CROSS, SIDE ROCK-RECOVER
1-2 step Left to Left side (or stomp Left to Left side), hold
&3-4 step Right together, rock Left to Left side, recover on Right
5&6 step Left behind Right, step Right to Right side, cross left over Right
7-8 rock Right to Right side, recover on Left and low flick back on Right (3)

PART B 32 COUNT (everytime start facing 9 o'clock wall and finishing facing 12 o'clock wall):

01-08 OUT-HOLD, OUT-HOLD, RIGHT AND LEFT SHUFFLE BACK
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

09-16 JUMP BACK-HOLD, JUMP BACK-HOLD, RIGHT AND LEFT TOE STRUTS
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 steps 1-4: step back Right, hold, step back Left, hold
5-6 touch Right toe forward, drop Right heel on the floor
7-8 touch Left toe forward, drop Left heel on the floor

17-24 REPEAT COUNT 1-8

25-32 JUMP BACK-HOLD, JUMP BACK-HOLD, FORWARD TOE STRUT, ¼ TURN TOE STRUT
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 step 1-4: step back Right, hold, step back Left, hold
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