

JUMPING

Choreographed by Marti Prades & Fina Comas

Description: 32 count, 4 wall, Lilt (Polka)

Level: Intermediate

Music: 'Give Back My Heart' by Lyle Lovett (118 BPM)

Or 'Chase The Sun' by Shannon Lawson (pitch down to 118 BPM)

Official UCWDC competition dance description

Date of usage 26 April 2007

1-8: LEAPS WITH KICKS, TOUCH TOE BEHIND HOP TWICE, STEP CROSS, UNWIND FULL TURN , STEP DRAG

- 1 LF Leap onto LF and kick right foot across left to left diagonal (body facing 12:00)
& RF Leap onto RF and kick left foot to left diagonal
2 LF Leap on LF and hook RF behind
& RF Touch toe behind LF
3 LF Hop on LF
& RF Touch toe behind LF
4 LF Hop on LF
& RF Step forward
5 LF Cross behind RF
6 Unwind full turn left (face 12:00)
7 LF Big step to the left (9:00)
8 RF Drag next to LF

9-16: HOP HEEL HOP TOE, GALLOPS, STOMP AND HEEL SWIVELS

- & LF Hop onto LF
1 RF Touch heel right diagonal forward
& LF Hop onto LF
2 RF Touch toe behind LF
& LF Hop onto LF
3 RF Step to the right (3:00)
& LF Step together
4 RF Step to the right
& LF Step together
5 RF Step to the right
& LF Step together
6 RF Step to the right
& LF Step together
7 RF Stomp forward
& Both swivel heels outward
8 Both swivel heels inward

17-24: SKIP CHANGE OF STEP, TRIPLE WITH 1 T 1/2 LEFT , SKIPS BACK

- & 5/8 turn right keeping weight on LF
1 RF Step forward (7:30)
& LF Step together
2 RF Step forward
3 LF Step forward
& RF Step together
4 LF Step forward
5&6 Triple step with 1 T1/2 left
7 LF Step back (face 1:30)
& LF Skip back
8 RF Step back
& RF Skip back

25-32: SAILOR STEP WITH 1/8 TURN, SAILOR STEP WITH 3/4 TURN, BRUSH HOP BRUSH, HOP TOE , HOP HEEL.

- 1 LF Step behind RF, 1/8 turn left
& RF Step to the right (face 12:00)
2 LF Step to the side
3 RF Cross behind LF with 1/4 T right
& LF Step back with 1/4 T right
4 RF Step forward with 1/4 T right (face 9:00)
5 LF Brush forward
& RF Hop onto RF
6 LF Brush back
& RF Hop onto RF
7 LF Touch toe to right instep
& RF Hop onto RF
8 LF Touch heel to left diagonal