

Jump

64 count, 4 wall, intermediate level

Choreographer: Chris Watson, (Tamworth, NSW, Australia) Sept 2004

Choreographed to: Jump (For My Love) by Girls Aloud, Love Actually Soundtrack Album

- & 1 - 2 & 3 - 4 JUMP R FOOT FWD AND OUT TO R SIDE, JUMP L FWD AND OUT TO L SIDE AND CLAP, JUMP R BACK AND TO CENTRE, 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 CENTRE AND L TOGETHER REPEAT (TAKING WEIGHT ONTO L)
- 1 - 2 - 3 - 4 STEP R FOOT AND BOUNCE R HEEL 3 TIMES
- 5 - 6 & 7 & 8 ROCK FWD ONTO L AND BACK ONTO R, STEP L BACK AND STEP R HEEL 45, STEP R BACK AND L 45
- & 1 - 2 - 3 & 4 STEP L FOOT BACK AND R FWD DOING 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, 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

START AGAIN

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