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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. B. A. A. B. A. A. B.

| Sequence: A, A, A, B, A, A, B, A, A, B, B | |
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| PART A 01-08 1&2 3-4 5&6 7-8 | 32 COUNT: RIGHT CHASSE, CROSS ROCK-RECOVER, LEFT CHASSE, CROSS-1/4 TURN RIGHT step Right to Right side, step Left together, step Right to Right side rock Left across Right, recover on Right step Left to Left side, step Right together, step Left to Left side cross Right over Left, 1/4 turn Right by stepping back on Left (3) |
| 09-16 1-2 3&4 5-6 7&8 | ROCK BACK-RECOVER, TRIPLE ½ TURN, ¼ TURN-TOGETHER, LEFT SHUFFLE FWD rock back Right, recover on Left triple ½ turn Left by stepping Right-Left-Right on the spot (9) ¼ turn Left by stepping Left to Left side, step Right together (6) step forward Left, step Right together, step forward Left |
| 17-24 1-2 3-4 5&6 7-8 | RIGHT ROCKING CHAIR, RIGHT SHUFFLE FWD, CROSS-1/4 TURN rock forward Right, recover on Left rock back Right, recover on Left step forward Right, step Left together, step forward Right cross Left over Right, 1/4 turn Left by stepping back on Right (3) |
| 25-32 1-2 &3-4 5&6 7-8 | SIDE-HOLD, AND-SIDE ROCK-RECOVER, BEHIND-SIDE-CROSS, SIDE ROCK-RECOVER step Left to Left side (or stomp Left to Left side), hold step Right together, rock Left to Left side, recover on Right step Left behind Right, step Right to Right side, cross left over Right rock Right to Right side, recover on Left and low flick back on Right (3) |
| PART B 01-08 1-2 3-4 5&6 7&8 | 32 COUNT (everytime start facing 9 o'clock wall and finishing facing 12 o'clock wall): OUT-HOLD, OUT-HOLD, RIGHT AND LEFT SHUFFLE BACK step out forward on Right, hold step out forward on Left (shoulder apart), hold angling your body toward Right corner step back Right, step Left together, step back Right angling your body toward Left corner step back Left, step Right together, step back Left |
| 09-16 1-2 3-4 Alternativ 5-6 7-8 | JUMP BACK-HOLD, JUMP BACK-HOLD, RIGHT AND LEFT TOE STRUTS with both feet together small jump back, hold with both feet together small jump back (ending weight on Left), hold //e steps 1-4: step back Right, hold, step back Left, hold touch Right toe forward, drop Right heel on the floor touch Left toe forward, drop Left heel on the floor |
| 17-24 | REPEAT COUNT 1-8 |
| 25-32 1-2 3-4 Alternation 5-6 7-8 | JUMP BACK-HOLD, JUMP BACK-HOLD, FORWARD TOE STRUT, 1/4 TURN TOE STRUT with both feet together small jump back, hold with both feet together small jump back (ending weight on Left), hold we step 1-4: step back Right, hold, step back Left, hold touch Right toe forward, drop Right heel on the floor 1/4 turn Right by touching Left toe back, drop Left heel on the floor |