

OUT & JUMP

Count: 64. Wall: 4. Level: Phrased Easy Intermediate

Choreographer: Rep Ghazali, Scotland (June 2010)

Music: Jump Into My Bed by Lou Bega (130bpm)

INTRO: 32 count. Start on vocal

Sequence: A, A, A, B, A, A, A, B, A, A, A, B

PART A - 32 COUNT:

CHASSE RIGHT, CROSS ROCK, RECOVER, CHASSE LEFT, CROSS, 1/4 RIGHT BACK

1&2 Step R to right, Step L beside R, Step R to right
3,4 Rock L across R, Recover onto R
5&6 Step L to left, Step R beside L, Step L to left
7,8 Cross R over L, Turn ¼ right step L back **[3:00]**

ROCK BACK, RECOVER, TRIPLE 1/2, 1/4 LEFT, TOGETHER, SHUFFLE

1,2 Rock R back, Recover onto L
3&4 Triple ½ left stepping R-L-R on the spot **[9:00]**
5,6 Turn ¼ left step L to left, Step R beside L **[6:00]**
7&8 Step L forward, Step R beside L, Step L forward

ROCKING CHAIR, SHUFFLE, CROSS, 1/4 LEFT BACK

1,2 Rock R forward, Recover onto L
3,4 Rock R back, Recover onto L
5&6 Step R forward, Step L beside R, Step R forward
7,8 Cross L over R, Turn ¼ left step R back **[3:00]**

SIDE, HOLD, TOGETHER, ROCK LEFT, RECOVER, BEHIND, SIDE, CROSS, ROCK RIGHT, RECOVER

1,2 Step L to left (or stomp L to left), Hold
&3,4 Step R beside L, Rock L to left, Recover onto R
5&6 Step L behind R, Step R to right, Cross L over R
7,8 Rock R to right, Recover onto L and low flick R back **[3:00]**

PART B - 32 COUNT (every time start facing 9:00 wall and finishing facing 12:00 wall):

OUT, HOLD, OUT, HOLD, SHUFFLE BACK, SHUFFLE BACK

1,2 Step out forward on R, Hold
3,4 Step out forward on L (shoulder width), Hold
5&6 Angling your body toward right corner step R back, Step L beside R, Step R back
7&8 Angling your body toward left corner step L back, Step R beside L, Step L back

JUMP BACK, HOLD, JUMP BACK, HOLD, TOE STRUT, TOE STRUT

1,2 With both feet together small jump back, Hold
3,4 With both feet together small jump back (ending weight on L), Hold

Alternative steps 1-4: Step R back, Hold, Step L back, Hold

5-6 Touch R toe forward, Drop R heel to floor
7-8 Touch L toe forward, Drop L heel to floor

REPEAT COUNT 1-8 of PART B

JUMP BACK, HOLD, JUMP BACK, HOLD, TOE STRUT, 1/4 RIGHT TOE STRUT

1-2 With both feet together small jump back, Hold
3-4 With both feet together small jump back (ending weight on L), Hold

Alternative steps 1-4: Step R back, Hold, Step L back, Hold

5-6 Touch R toe forward, Drop R heel to floor
7-8 Turn ¼ right touch L toe to left, Drop L heel to floor