



Specializing in
 Line Dancing &
 Couples Flow Dancing
 To All Types of Music

- Weekly Classes
- Weekly Dances
- Beginner Lessons
- Intermediate Lessons
- Partner Lessons
- D.J. Service

Out & Jump

Choreographed by Rep Ghazali

Description: Phrased, 4 wall, beginner/intermediate line dance
Music: Jump Into My Bed by Lou Bega

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

PART A

RIGHT CHASSE, CROSS ROCK-RECOVER, LEFT CHASSE, CROSS-TURN ¼ RIGHT

- 1&2 Chassé side right, left, right
 3-4 Cross/rock left over right, recover to right
 5&6 Chassé side left, right, left
 7-8 Cross right over left, turn ¼ right by stepping left back (3:00)

ROCK BACK-RECOVER, TRIPLE ½ TURN, ¼ TURN-TOGETHER, LEFT SHUFFLE FORWARD

- 1-2 Rock right back, recover to left
 3&4 Triple turn ½ left by stepping right, left, right on the spot (9:00)
 5-6 Turn ¼ left by stepping left to side, step right together (6:00)
 7&8 Chassé forward left, right, left

RIGHT ROCKING CHAIR, RIGHT SHUFFLE FORWARD, CROSS-¼ TURN

- 1-2 Rock right forward, recover to left
 3-4 Rock right back, recover to left
 5&6 Chassé forward right, left, right
 7-8 Cross left over right, turn ¼ left by stepping right back (3:00)

SIDE-HOLD, AND-SIDE ROCK-RECOVER, BEHIND-SIDE-CROSS, SIDE ROCK-RECOVER

- 1-2 Step left to side (or stomp left to side), hold
 &3-4 Step right together, rock left to side, recover to right
 5&6 Cross left behind right, step right to side, cross left over right
 7-8 Rock right to side, recover to left and low flick right back (3:00)

PART B

Every time starts facing 9:00 wall and finishes facing 12:00 wall

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

- 1-2 Step out right forward, hold
 3-4 Step out left forward (shoulder apart), hold
 5&6 Angling your body toward right corner step back right, step left together, step right back
 7&8 Angling your body toward left corner step back left, step right together, step left back

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 step 1-4: step back right, hold, step left back, 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
 9-16 Repeat count 1-8

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 left back, hold
 5-6 Touch right toe forward, drop right heel on the floor
 7-8 Turn ¼ right by touching left toe back, drop left heel on the floor