



ICCGE 2024-2025

## Nom : **CRAZY JUMP (en)**

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Contact :

Comptes : 32 Murs : 4 Niveau : improver

Musique : Jump - First Time Flyers

Album : Jump – Single 2024

Danse soumise par l'Inter-Clubs du Grand Est

### **Intro : 8 counts**

#### **ROCK FORWARD, RECOVER, JUMP BACK WITH OUT OUT, STEP BACK, ROCK BACK, RECOVER, SHUFFLE FORWARD.**

- 1 2 Rock forward on Rt. Recover on to Lt.  
& 3 Jump back stepping Rt out to right side. Lt out to left side.  
4 Step back on Rt.  
5 6 Rock back on Lt. Recover on to Rt.  
7 & 8 Step forward on Lt. Step Rt next to Lt. Step forward on Lt.

#### **STEP FORWARD, PIVOT 1/4 TURN WITH HEEL BOUNCE, COASTER STEP, STEP PIVOT 1/2 TURN, SHUFFLE 1/2 TURN.**

- 1 & 2 Step forward on Rt. Pivot 1/4 turn left lifting heels up knees relaxed. Drop heels down. 9:00  
3 & 4 Step back on Lt. Step Rt next to Lt. Step forward on Lt.  
\*5 6 Step forward on Rt. Pivot 1/2 turn left.  
7 & 8 Turn 1/4 left stepping Rt to right side. Step Lt next to Rt. Turn 1/4 left stepping back on Rt.  
\*Alternative Easy Option for the above counts 5. - 8  
5 6 Step forward on Rt. Pivot 1/4 turn left. 6:00  
7 & 8 Cross step Rt over Lt. Step Lt to left side. Cross step Rt over Lt

#### **TURN 1/4 LEFT, DRAG RIGHT, CROSS ROCK, RECOVER, CHASSE 1/4 TURN RIGHT, KICK BALL STEP.**

- 1 2 Turn 1/4 left stepping Lt to left side. Drag Rt towards Lt. 6:00  
\*If dancing the easier option for count 1 - Just step Lt out to left side - No 1/4 turn. 6:00  
3 4 Cross rock on Rt over Lt. Recover on to Lt.  
5 & 6 Step Rt to right side. Step Lt next to Rt. Turn 1/4 right stepping forward on Rt. 9:00  
7 & 8 Kick Lt forward. Step down on ball of Lt. Step forward on Rt.

#### **FORWARD ROCK, RECOVER, TOGETHER WITH BACK FLICK, STEP FORWARD, HITCH/HOP, STEP FORWARD, KICK BALL STEP.**

- 1 2 Rock forward on Lt. Recover on to Rt.  
3 4 Step Lt next to Rt flicking Rt back. Step forward on Rt.  
5 6 Hitch/Hop lifting Lt knee up on Rt. Step forward on Lt.  
7 & 8 Kick Rt forward. Step down on ball of Rt. Step forward on L.

### **START AGAIN.**

#### **TAG: End of wall 2 facing back wall.**

#### **Rock Step, Shuffle 1/2 Turn Right, Rock Step, Shuffle 1/2 Turn Left.**

- 1 2 Rock forward on Rt. Recover on to Lt.  
3 & 4 Turn 1/4 right stepping Rt to right side. Step Lt next to Rt. Turn 1/4 right stepping forward on Rt.  
5 6 Rock forward on Lt. Recover on to Rt.  
7 & 8 Turn 1/4 left stepping Lt to left side. Step Rt next to Lt. Turn 1/4 left stepping forward on Lt