

## 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

#### Choreographer Contact Information:

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