

# Out & Jump

Choreographer: Rep Ghazali  
Description: Phrased, 4 wall, beg/inter line dance  
Music: **Jump Into My Bed** by Lou Bega

32 count intro start on vocal, Sequence:A, A, A, B, A, A, A, B, A, A, A, B  
Beats / Step Description

## 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

**Repeat counts 1 – 14 of B**

**Replace counts 7-8 with:**

7-8 Turn ¼ right by touching left toe back, drop left heel on the floor

## Smile and Begin Again