



***Jump in the Line* by Harry Belafonte**

Cardio Dance Choreography Notes

Intro

Hold for 8 counts

14 quick V-steps

Combo A

2 slow V-steps (right foot starts)

8 quick V-steps (right foot starts)

Grapevine Shimmy

4 grapevines (right, left, right, left)

with a shoulder shimmy

Grapevine Overhead

4 grapevines (right, left, right, left)

arms cross in front and arc out overhead

Combo A

Grapevine Shimmy

Grapevine Overhead

Combo A

Grapevine Shimmy

Grapevine Overhead

Break

1 quick V-step starting with the right foot

4 marches (right, left, right, left)

2 hip circles

Combo A

Grapevine Shimmy

Grapevine Overhead (only 1 grapevine)