

Spice Up!

Count: 64

Wand: 2

Ebene: Phrased Improver

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Musik: Spice Up Your Life - Spice Girls



Sequences: A-Tag-BAA-Tag-BA-Tag-BB

PART A:32c

SECTION 1 : CROSS ROCK RECOVER, SIDE SHUFFLE

- 1 - 2 Cross rock RF over LF(1), recover on LF(2)
- 3 & 4 Step RF to right(3) step LF beside RF(&) step RF to right(4)
- 5 - 6 Cross rock LF over RF(5) recover on RF(6)
- 7 & 8 Step LF to left(7) step RF beside LF(&) step LF to left(8)

SECTION 2 : BATUCADA, COASTER STEP, PIVOT ¼ R

- &1 &2 Step back on R-L-R-L
- &3 &4 Step back on R-L-R-L
- 5 & 6 Step RF backward(5) step LF beside RF(&) step RF forward(6)
- 7 - 8 Step LF forward(7), turn ¼ R bring weight forward on RF(8)

SECTION 3 : CROSS SHUFFLE, SIDE ROCK RECOVER

- 1 & 2 Cross LF over RF(1) step RF beside LF(&) cross LF over RF(2)
- 3 - 4 Rock RF to right(3) replace the weight back onto L(4)
- 5 & 6 Cross RF over LF(5) step LF beside LF(&) cross RF over LF(6)
- 7 - 8 Rock LF to left(7), replace the weight back onto RF(8)

SECTION 4 : SAILOR STEP L&R turn ¼ R, ROCK STEP, COASTER STEP

- 1 & 2 Cross LF behind RF(1), step RF beside LF(&) step LF to left(2)
- 3 & 4 Cross RF behind LF while turn ¼ R(3), step LF beside RF(&) step RF forward(4)
- 5 - 6 Rock LF forward(5), replace the weight back onto RF(6)
- 7 & 8 Step LF backward(7), step RF beside LF(&) step LF forward(8)

PART B: 32c

SECTION 1 : ROCK SIDE RECOVER BEHIND SIDE CROSS, SIDE ROCK RECOVER, CLOSE

- 1 - 2 Rock LF to left(1) replace the weight back onto RF(2)
 - 3 & 4 Cross LF behind RF(3) step RF to right(&) cross LF over RF(4)
 - 5 - 6 Rock RF to right(5) replace the weight back onto LF(6)
- (do shimmy shimmy for style)
- 7 hold 8 Step RF next to LF(7) hold(8)

SECTION 2 : FORWARD SHUFFLE, VOLTA ½ TURN R

- 1 & 2 Cross LF over RF(1) step RF beside LF(&) cross LF over RF(2)
- 3 - 4 Rock RF to right(3) replace the weight back onto L(4)
- 5 & 6 Cross RF over LF(5) step LF beside LF(&) cross RF over LF(6)
- 7 - 8 Rock LF to left(7), replace the weight back onto RF(8)

SECTION 3 : ROCK SIDE RECOVER BEHIND SIDE CROSS, SIDE ROCK RECOVER

- 1 - 2 Rock LF to left side(1) replace the weight back onto R(2)
- 3 & 4 Cross LF behind RF(3) step RF to right(&) cross LF over RF(4)
- 5 - 6 Rock RF to right(5), recover on LF(6)
- 7 - 8 Close RF next to LF(7) hold 8

SECTION 4 : WALK R-L(2x), SIDE TOUCH 2x

- 1 - 2 Walk RF(1) Walk LF(2)
- 3 - 4 Walk RF(3) Walk LF(4)
- 5 - 6 Step RF to right(5), touch LF to left(6)
- 7 - 8 Step LF to left(7), touch RF to right(8)

Tag: 16c

SECTION 1 : TRIPLE STEP(R-L) TURN ½ L 2x

- 1 & 2 Big step RF to right(1), step LF next to RF(&) step RF in place(2)
- 3 & 4 Big step LF to left(3), step RF next to LF(&) step LF in place(4)
- 5 & 6 Turn ½ L step RF to right(5), step LF next to RF(&) step RF in place(6)
- 7 & 8 Big step LF to left(7), step RF next to LF(&) step LF in place(8)

SECTION 2 : ROCKING CHAIR, RIGHT SLIDE & DRAG

- 1 - 2 Rock RF forward(1) recover on LF(2)
- 3 & 4 Rock RF backward(3) recover on LF(4)
- 5 - 6 Slide RF to right(5-6)
- 7 - 8 Drag LF to right side(7) close LF next to RF(8)

NOTE When you dance the double B at the end of the dance you will need to do stepchange below to start B again :

PART B SECTION 4

- 7 - 8 Step LF to left (7), CLOSE RF next to LF (8)

HAVE FUN, GO DANCE!!

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