

That's Up

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Gudrun Schneider (DE) & Martina Ecke (DE) - November 2014
音乐: Up (feat. Demi Lovato) - Olly Murs



The dance starts after 16 counts.

Step-½ turn l, kick-ball-step, rock forward, shuffle ½ turning (r-l-r)

1-2 Step right forward, ½ turn left (6 o'clock)
3&4 Kick right forward, step right beside left, step forward on left
5-6 Rock forward on right, recover on left
7&8 ¼ turn right, step right to the right side, step left beside right, ¼ turn right, step right forward
(12 o'clock)

Rock forward, back heel twist x 2, coaster step, ¼ paddle turn 2x

1-2 Rock forward on left, recover on right
3-4 Step left back and grind right heel, step right back and grind left heel
5&6 Step left back, step right beside left, step left forward
7-8 ¼ turn left - tap right toe to the right side (9 o'clock) , ¼ turn left – tap right toe to the right side
(6 o'clock)

Behind-side-cross, rock side, behind-side-cross, side-together

1&2 Step right behind left, step left to the left side, cross right over left
3-4 Rock left to the left side, recover on right
5&6 Step left behind right, step right to the right side, cross left over right
7-8 Step right to the side, step left beside right

Shuffle forward (r-l-r), rock forward, sailor turning ¼ l, step forward, ½ turn l

1&2 Step right forward, step left beside right, step right forward
3-4 Rock left forward, recover on right
5&6 Step left behind right, ¼ turn left stepping right beside left (3 o'clock), step forward on left
7-8 Step right forward, ½ turn left (9 o'clock)

Side-hold & side & side, rock across, chassé l

1-2 Step right to the right side, hold
&3&4 Step left beside right, step right to the right side, step left beside right, step right to the right
side
5-6 Cross left over right, recover on right
7&8 Step left to the left side, step right beside left, step left to the left side

Point, point, sailor step, heel grind with ¼ turn l, coaster step

1-2 Point right toe forward, point right toe to the right side
3&4 Cross right behind left, step left to the left side, step right to the right side
5-6 Left heel forward, grind left heel on the floor ¼ turning left (ending weight on right)(6 o'clock)
7&8 Step left back, step right beside left, step left forward

Rock forward & rock forward, ½ turn, ½ turn, coaster step

1-2 Rock right forward, recover on left
&3-4 Step right beside left, rock left forward, recover on right
5-6 ½ turn left (12 o'clock), step forward on left, ½ turn left (6 o'clock), step back on right
7&8 Step left back, step right beside left, step left forward

Step forward, ¼ turn l, kick-ball-change, jazz box

- 1-2 Step right forward, ¼ turn left (3 o'clock)
- 3&4 Kick right forward, step right beside left, step left in place
- 5-6 Cross right over left, step back on left
- 7-8 Step right on right, step left forward

Tag 1: -

After the 1st wall, facing 3 o'clock and

After the 3rd wall, facing 9 o'clock.

Rolling vine r, point l, rolling vine l, touch

- 1-2 ¼ turn right with step forward □ right – ½ turn right with step back left
- 3-4 ¼ turn r – step right to the right side – touch left toe to the left side
- 5-6 ¼ turn left with step forward left – ½ left with step back right
- 7-8 ¼ turn left – step left to the left side – touch right beside left

Tag 2: After the 2nd wall, facing 6 o'clock.

Rocking chair

- 1-2 Rock right forward, recover on left
- 3-4 Rock right back, recover on left

Ending: The dance ends facing 6 o'clock.

- 1-2 step right, ½ turn left

Have fun!

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