

Hold On

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Vi Hooker (AUS) - July 2015
音乐: Up (feat. Demi Lovato) - Olly Murs : (iTunes)



#16 count intro

R SIDE, TOGETHER, R SHUFFLE FORWARD, L SIDE, TOGETHER, L SHUFFLE BACK

1,2,3&4 Step R to side, step L beside R, step R forward, step L beside R, step R forward
5,6,7&8 Step L to side, step R beside L, step L back, step R beside L, step L back

R ROCK BACK, 1/2 TURN TRIPLE RLR, L ROCK BACK, SHUFFLE FORWARD LRL

1,2,3&4 R rock back, replace, 1/2 turn L, step R, step L beside R, step R beside L
5,6,7&8 L rock back, replace, step L forward, step R beside L, step L forward

R CROSS SAMBA, L CROSS SAMBA, R JAZZ BOX, STEP L FORWARD

1&2,3&4 Step R across L, side rock L, replace R, step L across R, side rock R, replace L
5,6,7,8 Step R across L, step L back, step R to side, step L forward

R ROCK FORWARD, 1/2 TURN SHUFFLE, L PADDLE TURN, CROSS SHUFFLE

1,2,3&4 R rock forward, replace, 1/2 turn R, step R forward, step L beside R, step R forward
5,6,7&8 Step L forward, 1/4 R (weight on R), step L across R, step R to side, step L across R

TAGS: -

* At end of walls 2 & 6, facing BACK add 8 count tag:-

Step R to side, touch L beside R, step L to side, touch R beside L, hip bumps RLRL

* At end of wall 4, facing FRONT, add first 4 counts of above Tag

This is a split floor with "Up" by Alison Biggs & Peter Metelnick
