

Tear It Up

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Magali CHABRET (FR) - November 2015
音乐: Tear It Up - Matt Simons : (CD: Catch & Release)



#17 seconds intro (32 counts)

Section 1 – STEP, ROCK FORWARD, SWITCH, PIVOT ½ TURN RIGHT, WIZZARD STEP, STEP

1 Step left forward
2-3 Rock right forward – recover onto left
&4-5 Step right next to left – step left forward – pivot 1/2 turn right (6:00)
6-7& Step left diagonally forward – lock right behind left – step left to side
8 Step right diagonally forward

Section 2 – BEHIND SIDE CROSS, SIDE, TOUCH, MODIFIED CHAINE TURN, CHASSE LEFT

1&2 Cross left behind right – step right to side – cross left over right
3-4 Step right to side – touch left beside right
5-6 1/4 turn left stepping left forward – step right together with 3/4 turn left (6:00)
7&8 Step left to side – step right beside left – step left to side

Section 3 – BACK ROCK, PIVOT ½ TURN LEFT, ¼ TURN LEFT, SLIDE, BALL CROSS, ¼ TURN RIGHT

1-2 Rock back on right – recover onto left
3-4 Step right forward – pivot 1/2 turn left (12:00)
5-6 1/4 turn left making a large step right to side – slide left next to right (weight on right) (9:00)
&7-8 Step ball of left next to right – cross right over left – 1/4 turn right stepping back on left (12:00)

Section 4 – BACK ROCK, TRIPLE ½ TURN LEFT, BALL BACK, BACK, RIGHT COASTER STEP

1-2 Rock back on right – recover onto left
3&4 1/4 turn left stepping right to side – step left beside right – 1/4 turn left stepping back on right (6:00)
&5-6 Step ball of left next to right – walk back on right – walk back on left
7&8 Step back on ball of right – step left next to right – step right forward **Tag & Restart here**

Section 5 – BALL STEP, STEP, KICK BALL PRESS, RECOVER, TOUCH, KICK BALL POINT

&1-2 Step ball of left next to right – walk right forward – walk left forward
3&4 Kick right forward – step ball of right next to left – press left diagonally left forward
5-6 Push on ball of left to recover onto right – touch left beside right
7&8 Kick left forward – step ball of left beside right – point right to side

Section 6 – SAILOR ¼ TURN RIGHT, BALL STEP, STEP, POINT, POINT, BEHIND SIDE CROSS

1&2 Cross right behind left – 1/4 turn right stepping left beside right – step right forward (9:00)
&3-4 Step ball of left next to right – walk right forward – walk left forward
5-6 Point right toe forward – point right toe to right side
7&8 Cross right behind left – step left to side – cross right over left

Section 7 – SIDE, TOUCH BALL CROSS, ¼ TURN RIGHT SHUFFLE FWD, STEP, ½ TURN RIGHT SHUFFLE FWD

1-2&3 Step left to side – touch right next to left – step ball of right slightly behind left – cross left over right
4&5 1/4 turn right stepping right forward – step left beside right – step right forward (12:00)
6 Step left forward
7&8 1/2 turn right on ball of left stepping right forward – step left beside right – step right forward (6:00)

Section 8 – LEFT SIDE ROCK, CROSS, RIGHT SIDE ROCK, CROSS, MONTEREY SPIN

- 1&2 Rock left to left side – recover onto right – cross left over right
3&4 Rock right to right side – recover onto left – cross right over left
5-8 Point left to side – full turn left stepping left beside right – point right to side – step right beside left (6:00)

TAG : 1-4 LEFT ROCKING CHAIR

- Tag : At the end of first wall (6:00)

- Tag + Restart : During 3rd wall, dance 32 counts, then add the TAG (1-4) and restart the dance from the beginning (6:00)

« Croquez la vie à pleines danses ! » □

Original stepsheet of the choreographer - galicountry76@yahoo.fr -
