

Up In Flames

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Advanced
编舞者: Maggie Gallagher (UK) - November 2015
音乐: Up In Flames - Lawson : (amazon)



Intro: □32 count (start on vocals)

S1: SIDE, ROCK BACK, SIDE, ¼ R SAILOR, WALK, ½ L, BACK LOCK STEP

1,2&3 Step right to right side, Cross rock back on left, Recover on right, Step left to left side
4&5 ¼ right crossing right behind left, Step left to left side, Step forward right [3:00]
6-7 Walk forward left, ½ left stepping back on right [9:00]
8&1 Step back on left, Cross right over left, Step back on left

S2: & CROSS, SIDE TOGETHER FORWARD, ⅛ L, ⅛ L, ½ L LOCK

&2 Small step right to right side, Cross left over right
3&4 Step right to right side, Step left next to right, Step forward on right
5-6 ⅛ left walking on left, ⅛ left walking on right, [6:00]
7&8 ¼ left stepping forward on left, Lock right behind left, ¼ left stepping forward on left [12:00]
*Restart

S3: CROSS ROCK, ¼, WALK, ½ L, ½ L, WALK, L MAMBO

1-2&3 Cross rock right over left, Recover on left, ¼ right stepping forward right, Walk forward left [3:00]
4-6 ½ left stepping back on right, ½ left stepping forward left, Walk forward right [3:00]
7&8 Step forward on left, Step right in place, Step slightly back on left

S4: REVERSE ROCKING CHAIR, BACK RIGHT, L COASTER, STEP HITCH CROSS

1&2& Rock back on right, Recover on left, Rock forward right, Recover on left
3,4&5 Step back on right, Step back on left, Step right next to left, Step forward on left
6-8 Cross right slightly over left, Ronde hitch left - rising up on ball of right, Cross left over right
**Tag/Restart

S5: SIDE, L CROSS SHUFFLE, SIDE ROCK CROSS, L CHASSE, ROCK BACK SIDE

1,2&3 Step right to right side, Cross left over right, Step right to right side, Cross left over right
4&5 Rock right to right side, Recover on left, Cross right over left
6&7 Step left to left side, Step right next to left, Step left to left side
8&1 Rock back on right, Recover on left, Step right to right side

S6: ¾ L TURN, WALK, L SAMBA, R SAMBA

2&3,4 ¾ left turn stepping left, right, left, Walk forward right [6:00]
5&6 Cross left over right, Rock right to right side, Recover on left
7&8 Cross right over left, Rock left to left side, Recover on right

S7: ROCK FORWARD, ½ L, ½ L, BACK LOCK STEP & WALK L, WALK R

1-2 Rock forward left, Recover on right
3-4 ½ left stepping forward left, ½ left stepping back on right [6:00]
5&6 Step back on left, Cross right over left, Step back on left
&7,8 Step right next to left, Walk forward left, Walk forward right

S8: TOUCH & HEEL & CROSS & HEEL & CROSS ROCK SIDE, CROSS ROCK SIDE

1&2& Touch left next to right, Step back on left, Tap right heel on right diagonal, Step right next to left
3&4& Cross left over right, Step back on right, Tap left heel to left diagonal, Step left next to right

5,6& Cross rock right over left, Recover on left, Step right to right side
7,8& Cross rock left over right, Recover on right, Step left to left side

RESTART: □Wall 2 after 16 counts [6:00]

****TAG/ RESTART: Wall 4: After 32 counts [facing 3:00] Add 4 count TAG, then RESTART the dance [6:00]**

TAG: SIDE ROCK, ¼ ROCK

1,2 Rock right to right side, Recover on left

3,4 ¼ right rocking right to right side, Recover on left

ENDING: At the end of Wall 5 facing 12:00, step on ball of right, raising left knee & arms and rise 'Up in Flames'
