

Keep Your Head Up

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Jackie Nuzzo (USA) - November 2015
音乐: Keep Your Head Up - Andy Grammer



WALK, WALK, RUN, RUN, RUN, MAMBO STEP, SAILOR 1/4 RIGHT

1-2 Step forward right, step forward left
3&4 Step forward right, step forward left, step forward right
5&6 Rock step forward on left, recover on right, step left in place
7&8 Step right behind left, step left to left side making a 1/4 turn right, step on right

SYNCPATED WEAVE, SIDE, DRAG, TOUCH OUT, IN, OUT

1-2 Cross left foot over right, step right foot to side
3&4 Step left foot behind right, step right foot to side, cross left over right
5-6 Big step to right with right foot, drag left next to right foot, (weight on right ft.)
7&8 Touch left toe out to side, next to right foot, out to side

1/4 TURN LEFT 2X, COASTER, WIZARD STEPS

1-2 Turn 1/4 left stepping on left, turn 1/4 turn left stepping on right
3&4 Step back on left, step right next to left, step left foot forward
5-6& Step diagonally forward with right, slide left behind, step on right
7-8& Step diagonally forward with left, slide right behind, step on left

JAZZ BOX WITH 1/4 TURN RIGHT 2X

1-2 Cross right over left, step left back
3-4 Turn 1/4 right with right, step together with left
5-6 Cross right over left, step left back
7-8 Turn 1/4 right with right, step together with left

TAG: 16 COUNT TAG This is done twice, the first time at the end of wall 1 and the next time at the end of wall 3.

TWO HALF TURN PIVOTS, MAMBO, COASTER

1-2 Step forward with right, pivot 1/2 turn left
3-4 Step forward with right, pivot 1/2 turn left
5&6 Rock step forward on right, recover left, step right in place
7&8 Step back on left foot, step right next to left, step left forward

GRAPEVINE RIGHT, TURNING GRAPEVINE LEFT

1-2 Step right foot right, step left foot behind right
3-4 Step right foot right, touch left foot next to right
5-6 Step left foot 1/4 turn left, step back 1/2 turn on right
7-8 Continuing left turn step on left 1/4 turn, touch right next to left

Contact: jaleedance@yahoo.com