

Keep Your Head Up

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Country Newcomer / Novice
编舞者: John Macherel (CH) - August 2014
音乐: Keep Your Head Up - Andy Grammer : (Special Edit)



Count In: 16 counts

[1-8] □ STEP, STEP, SHUFFLE, STEP, STEP, SHUFFLE

1-2 Step right diagonally right, step left diagonally left;
3&4 Shuffle diagonally right (right,left,Right);
5-6 Left foot diagonally left, right foot diagonally right;
7&8 Shuffle diagonally left (left,right,left);

[9-16] □ CROSS STEP, STEP BACK, SHUFFLE, CROSS STEP, STEP BACK, SHUFFLE, ¼ TURN LEFT

1-2 Cross right foot over left foot, left foot back;
3&4 Shuffle to right side (right,left,right);
5-6 Cross left over right, right back;
7&8 Shuffle to left side (left,right,left) and 1/4 turn left;

[17-24] □ STEP, STEP, ANCHOR STEP, ½ TURN, ½ TURN, COASTER STEP

1-2 Step right forward, Step left forward;
3&4 Right foot behind left foot, back on left foot, step right back;
5-6 1/2 turn left and step left forward, 1/2 turn left and step right back;
7&8 Left foot back, right foot next to left foot, left foot forward;

[25-32] □ STEP & BUMP, RETURN, STEP TOGETHER, STEP & BUMP, RETURN, STEP TOGETHER, LOCK, ½ TURN, STEP RUNNING L-R-L

1-2 Step right diagonally right with bump, recover weight on left foot;
&3-4 Right foot next to left foot, left foot diagonally left with bump, recover weight on right foot;
&5-6 Left foot next to right foot, right foot behind left (Lock), 1/2 turn right;
7&8 Step running left, right, left

RESTART: In the second wall (12:00) after 32 counts.

[33-40] □ STEP, RETURN, STEP 2X, RETURN, STEP, RETURN, STEP 2X, RETURN

1-2 Right foot forward, recover on left foot;
&3-4 Right foot back, left foot back, recover on right foot;
5-6 Left foot forward, recover on right foot;
&7-8 Left foot back, right foot back, recover on left foot;

[41-48] □ POINT, HITCH, STEP, POINT, HITCH, STEP, STEP, STEP, TOGETHER, STEP CROSS, ½ TURN RIGHT

1&2 Point right foot diagonally forward, Hitch right foot, step right foot diagonally forward;
3&4 Point left foot diagonally forward, Hitch left foot, step left foot diagonally forward;
5-6 Right foot diagonally to the right, left foot diagonally to the left;
&7-8 Step right beside left, cross left foot over right, 1/2 turn right (weight on left);

START AGAIN, HAVE FUN!