

Step It Up

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Mayee Lee (MY) - November 2016
音乐: Step It Up - Alexandra Stan : (2:56)



Intro: Start after 16 counts or start at 0.13 seconds

Intro dance□: 16 counts

1&2&3&4 Step L to L & clap hands 7 times anti-clockwise(1-4)

5 – 8 Sit on L & bounce 4 times(5-8)

(Hand styling : straighten R hand at R side, swing L hand up & down twice(5-8))

9 – 12 Step R to R(1), touch L beside R(2), step L to L(3), hold(4)

13&14 15&16 Cross R over L(13), recover on L(&), step R to R(14), cross L over R(15), recover on R(&),
step L to L(16)□12.00

Section 1□: Side Rock, Recover, Behind Side Cross, Side, Touch, Side, ¼ Turn L Sailor Kick

12 3&4 Rock R to R(1), recover on L(2), step R behind(3), step L to L(&),cross R over L(4)

5&6 7&8& Step L to L(5), touch R beside L(&), step R to R(6), ¼ turn L step L back(7)(9.00), step R on
ball beside L(&), kick L forward(8), step L down(&) 9.00

Section 2□: Forward, Pivot ½ Turn L, Apple Jack, Mambo Step, Coaster Step, Forward, ¼ Turn R Hitch

12 3&4& Step R forward(1), pivot ½ turn L step L forward(2)(3.00),both heels in toes out(3), both heels
out toes in(&),both heels in toes out(4), twist R heel back to centre & flick L(&), 3.00

5&6 7&8& Step L forward(1), recover on R(&), step L back(2), step R back(7), step L beside R(&), step
R forward(8), ¼ turn R hitch L(&)□6.00

Section 3□: Step, R Sailor Step, L Sailor Step, Body Roll, Reverse Body Roll

1 2&3 Step L down(1), step R behind L(2), step L on ball beside R(&), step R to R(3)

4&5 678 Step L behind L(4), step R on ball beside L(&) step L to L(5), body roll to diagonally R(6-7),
reverse body roll from bottom to top(8)□6.00

Section 4□: R&L Back Shuffle With Chest Bump, Criss Cross Back R & L, Forward, ¾ Turn L

1&2 3&4 Step R back(1), step L on ball in front of R(&), step R back(2), step L back(3), step R on ball
in front of L(&), step L back(4)

56 78 Criss Cross walk back R & L(5-6), step R forward(7), ¾ turn L step L forward□□9.00

No Tag No Restart !

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