

Grow Up

拍数: 48 墙数: 2 级数: Intermediate
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音乐: Grow Up - Olly Murs



Start after 16 count intro – 84 bpm – 3 mins 44 secs - No Tags Or Restarts

Music Available from Amazon

[1-8] R fwd box, R rock back/recover, ¼ L, L rock back/recover, L side

1&2 Step R side, step L together, step R forward
3&4 Step L side, step R together, step L back
5&6 Rock R back, recover weight on L, turning ¼ left step R side (9 o'clock)
7&8 Rock L back, recover weight on R, step L side

[9-16] R behind- ¼ L – R fwd, L fwd mambo, syncopated apart/tog turning 2 x ¼ R stepping fwd on L on last count (see step description)

1&2 Cross step R behind L, turning ¼ left step L forward, step R forward (6 o'clock)
3&4 Rock L forward, recover weight on R, step L together
&5 Step R apart, step L apart
&6 Turning ¼ right step R & L together (9 o'clock)
&7 Step R apart, step L apart
&8 Turning ¼ right step R to right side, step L slightly forward (12 o'clock)

[17-24] R fwd shuffle, L fwd rock/recover, ¼ L, full L turn (travelling side L), R cross, L side rock/recover, L cross

1&2 Step R forward, step L together, step R forward
3&4 Rock L forward, recover weight on R, turning ¼ left step L to left side (9 o'clock)
5&6 Turning ½ left step R back, turning ½ left step L side, cross step R over L
7&8 Rock L side, recover weight on R, cross step L over R

[25-32] R side, L weave 2, ¼ L toaster, R forward, hitch turns ¼ R & ½ R, L fwd

&1-2 Step R side, cross step L over R, step R side
3&4 Turning ¼ left step L back, step R together, step L forward (6 o'clock)
5 Step R forward
&6 Hitch L turning ¼ right on R, point L side (9 o'clock)
&7 Hitch L turning ½ right on R, point L side (3 o'clock)
8 Step L slightly forward

[33-40] R heel jack, L cross shuffle, R side, L sailor, R ball side

1&2& Cross step R over L, step L back, touch R heel forward, step R back
3&4 Cross step L over R, step R side, cross step L over R
5 Step R side
6&7 Cross step L behind R, step R side, step L side
&8 Step R together, step L side

[41-48] R cross rock/recover, R side, L cross rock/recover, ¼ L, R chase turn, L fwd mambo

1&2 Cross rock R over L, recover weight on L, step R side
3&4 Cross rock L over R, recover weight on R, turning ¼ left step L forward (12 o'clock)
5&6 Step R forward, pivot ½ left, step R forward (6 o'clock)
7&8 Rock L forward, recover weight on R, step L together

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