

Grow Up

拍数: 48 墙数: 4 级数: Improver
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音乐: Grow Up - Olly Murs



Intro: 16 counts

S1: TOUCH BACK/ TOUCH TOGETHER/SHUFFLE BACK

1-2 Touch R back- touch R beside L
3&4 Step back on R/ step L beside R/ step back on R
5-6 Touch L back/ touch L beside R
7&8 step back on L/step R beside L/ step back on L

S2: ANGLE KNEE/HOLD/SWEEPS/COASTER/WALK/WALK

1-2 Angle R knee across L[1] Hold [2]
3-4 Sweep R foot back/ sweep L foot back
5&6 Step back on R/ step onto L/ step forward on R
7-8 walk forward L/ Walk forward R

S3: TOUCH FORWARD / TOUCH TOGETHER/ SHUFFLE FORWARD

1-2 Touch L forward- touch L beside R
3&4 Step forward on L/ step R beside L/ step forward on L
5-6 Touch R forward/ touch R beside L
7&8 Step forward on R/ step L beside R/ step forward on R

S4: ANGLE KNEE/HOLD/ SWEEPS/COASTER/WALK/WALK

1-2 Angle Lknee across R [1] Hold [2]
3-4 Sweep L foot back/ sweep R foot back
5&6 Step back on L/step onto R/ step forward on L
7-8 Walk forward R/walk forward L

S5: SIDE ROCK CROSS/SIDE ROCK TOGETHER

1&2 Rock R to R side [1] replace weight on L[&] cross R over L
3&4 Rock L to L side [3] replace weight on R [&] cross L over R
5&6 Rock R to R side [5] replace weight on L [&] step R beside L
7&8 Rock L to L side [7] replace weight on R [&] Step L beside R

S6: VINE/3QUARTER TURN /KICK BALL CHANGE

1-4 Step R to side/ step L behind R/ step R to side / cross L over R
5&6 Step R quarter turn to L/step L quarter turn / step R quarter turn [3.00 wall]
7&8 Kick L forward/ step onto ball of L/ step R beside L

END OF DANCE/ NO TAGS/ NO RESTARTS.

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