

Thumbs Up

拍数: 64 墙数: 4 级数: Phrased Intermediate
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音乐: Thumbs - Sabrina Carpenter : (Album: EVOLution)



Off beat intro to start with lyrics (you will get what we mean when you hear it)

Sequence: A - A - A - B - B - A - A - B - B - A - A - B - B - B

Pattern A - 32 counts:

[1 – 8] CROSS TOE STRUT, CROSS TOE STRUT, CROSS, BACK, BACK, DRAG

1-2-3-4 1) Step R toe/ball across L; 2) Drop R heel; 3) Step L toe/ball across R; 4) Drop L heel
5-6-7-8 5) Step R across L; 6) Step L back; 7) Step R a large step back; 8) Drag L toward R

[9 -16] BACK, ¼ RIGHT, CROSS, TOE, HEEL, CROSS, SIDE, CROSS, SIDE, TOGETHER

&1-2 &) Small step L back; 1) Turn ¼ right stepping R to right [3:00]; 2) Step L across R
3-4-5 3) Touch R toe beside L (R knee turned inward); 4) Touch R heel fwd toward right diagonal
(R toe turned out); 5) Step R heel across L
6-7-8& 6) Step L to left; 7) Step R heel across L; 8) Step L to left; &) Step R beside L

[17-24] ¼ LEFT, FORWARD ROCK, RECOVER, ½ RIGHT, FWD, ½ PIVOT, FORWARD, HOLD

1-2-3-4 1) Turn ¼ left stepping L forward [12:00]; 2) Rock R forward; 3) Recover to L; 4) Turn ½ right
stepping R forward [6:00]
5-6-7-8 5) Step L forward; 6) Turn ½ right taking weight on R; 7) Large step L forward [12:00]; 8) Hold

[25-32] OUT, OUT, BACK, BACK ROCK, RECOVER, (the next steps turn ¾ left) WALK, WALK, TRIPLE FORWARD

&1-2 &) Step R forward/out to right; 1) Step L forward/out to left 2) Step R back
3-4-5-6 3) Rock L behind R; 4) Recover to R; 5) Step L forward toward [11:00]; 6) Step R forward
toward [9:00]
7&8 7) Step L forward toward [6:00]; &) Step R beside L heel; 8) Step L forward toward [3:00]

NOTE: Counts 5-6-7&8 are a gradual arcing motion that turns left moving from [12:00] to [3:00].

Pattern B - 32 counts: You will be facing the original [9:00] wall when you begin B the first time. For learning purposes, you must adjust the original [9:00] wall to [12:00] so that the clock references below are correct.

[1 – 8] POINT, HOLD, TOGETHER, POINT, HOLD, COASTER STEP, STEP, ½ PIVOT

1-2&3-4 1) Point R to right; 2) Hold; &) Step R beside L; 3) Point L to left; 4) Hold
5&6 5) Step L back; &) Step R beside L; 6) Step L forward
7-8 7) Step R forward; 8) Turn ½ left taking weight forward on to L [6:00]

[9 -16] TRIPLE FORWARD, ½ RIGHT, ½ RIGHT, FORWARD, TOGETHER, BACK, BACK ROCK, RECOVER

1&2 1) Step R forward; &) Step L beside R heel; 2) Step R forward
3-4 3) Turn ½ right stepping L back [12:00]; 4) Turn ½ right stepping R forward [6:00]
&5-6 &) Step forward on ball of L; 5) Step ball of R beside L; 6) Step L back
7-8 7) Rock R back; 8) Recover to L

[17-24] FORWARD, ½ PIVOT, FORWARD, HOLD, ¼ RIGHT, ¼ RIGHT, CROSS, SIDE, DRAG

1-2-3-4 1) Step R forward; 2) Turn ½ left taking weight forward on to L [12:00]; 3) Step R
forward/slightly across L; 4) Hold
5&6 5) Turn ¼ right stepping L back [3:00]; &) Turn ¼ right stepping R to right [6:00]; 6) Step L
across R
7-8 7) Big step R to right; 8) Drag L toward R

[25-32] BACK ROCK, RECOVER, ¼ TRIPLE FORWARD, STEP, ½ PIVOT, STEP, ½ PIVOT

- 1-2-3&4 1) Rock L behind R; 2) Recover to R; 3) Turn $\frac{1}{4}$ left stepping L forward [3:00]; &) Step R beside L heel; 4) Step L forward
- 5-6 5) Step R forward; 6) Turn $\frac{1}{2}$ left taking weight forward on to L [9:00]
- 7-8 7) Step R forward; 8) Turn $\frac{1}{2}$ left taking weight forward on to L [3:00]

Enjoy!!!

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