

# Up-Nea

拍数: 64      墙数: 2      级数: Intermediate  
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音乐: Better Than This - Dan Johnson & Salt Cedar Rebels



## S1: □ POINT, KICK, COASTER STEP, POINT, KICK, COASTER STEP

1-2      point R toe beside L, kick R diag (2:00)  
3&4      step R back, step L beside R, step R fwd  
5-6      point L toe beside R, kick L diag (10:00)  
7&8      step L back, step R beside L, step L fwd

## S2: □ SHUFFLE FWD, TURN & SHUFFLE BACK, BACK ROCK, WALK

1&2      step R fwd, step L beside R, step R fwd  
3&4      turn ½ R & step L back, step R beside L, step L back  
5-6      step R back, recover on L  
7-8      step R fwd, step L fwd

## S3: □ (STEP SIDE, POINT) X5, STEP SIDE

1-4      step R side, point L toe beside R, step L side, point R toe beside L  
&5&6      (jumping) step R side, point L toe beside R, step L side, point R toe beside L  
&7-8      (jumping) step R side, point L toe beside R, step L side

## S4: □ JAZZ BOX, ROCKIN' CHAIR

1-4      cross R over L, step L back, step R side, step L fwd  
5-8      step R fwd, recover on L, step R back, recover on L

(Restart on 4th wall)

## S5: □ TURN & STEP, KICK, COASTER STEP, SKATE X4

1-2      turn ½ L & step R back, kick L fwd  
3&4      step L back, step R beside L, step L fwd  
5-8      skate R fwd, skate L fwd, skate R fwd, skate L fwd

## S6: □ SHUFFLE FWD, ROCK STEP, TURN & SHUFFLE SIDE, SHUFFLE CROSS

1&2      step R fwd, step L beside R, step R fwd  
3-4      step L fwd, recover on R  
5&6      turn ¼ L & step L side, step R beside L, step L side  
7&8      cross R over L, step L beside R, step R to L

## S7: □ TURN & HEEL SWITCH, STOMP UP, SCISSOR STEP X2 (OPTIONAL: SYNCOPATED SIDE ROCK)

1&2&      turn ¼ L & point L heel fwd, recover on L, point R heel fwd, recover on R  
3&4      point L heel fwd, recover on L, stomp R beside L  
5&6      step R side, step L beside R, cross R over L (optional: step R side, recover on L, step R beside L)  
7&8      step L side, step R beside L, cross L over R (optional: step L side, recover on R, step L beside R)

## S8: □ ROCKIN' CHAIR, TURNING TOE STRUTT FWD

1-4      step R fwd, recover on L step R back, recover on L  
5-8      point R toe fwd, turn ½ L & heel down, point L toe back, turn ½ L & heel down

Repeat

Restart after 32 counts on 4th wall

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