

Uptight

拍数: 32 墙数: 2 级数: High Intermediate
编舞者: Malene Jakobsen (DK) - March 2019
音乐: Giving Him Something He Can Feel - En Vogue : (Album: The Very Best of En Vogue, iTunes)



Intro: 40 counts right before vocals, 35 seconds into track, dance begins with weight on L

[1-9] Step, 1/4, cross, side, point & snap, ball cross, 1/8, together, fwd., touch behind, 1/8, 1/4, 1/4, touch

- a1-2 (a) Step fwd. on R, (1) step fwd. on L, (2) turn 1/4 R 3.00
a3 (a) Cross L over R, (3) step R diagonally R NOTE: When you do these steps you move diagonally fwd. but you stay turned towards 3.00 3.00
4 (4) Point L to L and snap R fingers at the same time.
a5 (a) Step L next to R, (5) cross R over L 3.00
a6 (a) Step L to L turning 1/8 R, (6) step R next to L 3.00
a7 (a) Step fwd. on L, (7) touch R toes behind L 3.00
a8 (a) Step back on R turning 1/8 L, (8) turn 1/4 L stepping fwd. on L 12.00
a1 (a) Turn 1/4 L stepping R to R, (1) touch L next to R 9.00

[10-16] Side, touch, ball cross 1/8, ball cross 1/8, side, heel, ball cross, 1/4, sways

- a2 (a) Step L to L, (2) touch R next to R 9.00
a3 (a) Turn 1/8 L stepping down on R, (3) cross L over R 7.30
a4 (a) Turn 1/8 L stepping R to R, (4) cross L over R 6.00
a5a6 (a) Step R to R, (5) dig L heel diagonally fwd., (a) step L next to R, (6) cross R over L 6.00
a7-8 (a) Turn 1/4 R stepping back on L, (7) step R to R and sway R, (8) sway L 9.00

[17-25] Ball cross with sweep, extended weave, 1/8, back, 1/8, weave, cross rock

- a1 (a) Step R next to L, (1) cross L over R sweeping R from back to front 9.00
2a3a4 (2) Cross R over L, (a) step L to L, (3) cross R behind L, (a) step L to L, (4) cross R over L 9.00
a5-6 (a) Step L to L, (5) Turn 1/8 R stepping back on R dragging L towards R, (6) step back on L 10.30
a7a8 (a) Turn 1/8 R stepping R to R, (7) cross L over R, (a) step R to R, (8) cross L behind R 12.00
a1 (a) Step R to R, (1) cross L over R 12.00

[26-32] Recover, 1/4, 1/4, twinkle, cross, 1/4, 1/4, step 1/2 turn

- 2a3-4 (2) Recover onto R, (a) turn 1/4 L stepping fwd. on R, (3) step fwd. on R, (4) turn 1/4 L 6.00
5&a (5) Cross R over L, (&) step L diagonally L, (a) step R diagonally R 6.00
6 (6) Cross L over R 6.00
a7 (a) Turn 1/4 L stepping back on R, (7) turn 1/4 L stepping fwd. on L 12.00
a8 (a) Step fwd. on R, (8) turn 1/2 L 6.00

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