

Up

拍数: 32 墙数: 4 级数: Improver
编舞者: Gail Craddock (USA) - July 2019
音乐: Up - Thomas Rhett



#16 count intro, when full band plays

SKATE, TOUCH, SKATE, TOUCH, SKATE, SKATE, SKATE, TOUCH

- 1-2 Turning your body to face right corner, slide R a few inches towards right corner(skate) , touch L toe next to R (1:30)
3-4 Turning your body to face left corner, slide L a few inches towards left corner(skate), touch R toe next to L (10:30)
5-6 Skate R, skate L
7-8 Skate R, touch L toe next to R (1:30)

ANGLED TRIPLE BACK, 1/8TURN/STEP, TOGETHER, SIDE TRIPLE, CROSS, SIDE

- 1&2 Keeping body faced to right corner step back on L, step R next to L, step back on L
3-4 Turning 1/8 to right step R to side, slide and step L next to R (3:00)
5&6 Step R to side, step L next to R, step R to side
7-8 Cross L over right and step, step R to side

LEFT SAILOR, RIGHT SAILOR, ROCK, RECOVER, LEFT COASTER STEP

- 1&2 Cross L behind R and step, step R to Side, step L slightly forward
3&4 Cross R behind L and step, Step L to side, step R slightly forward
5-6 Rock forward on L, recover weight on R
7&8 Step back on L, step R next to L, step forward on L

TRIPLE, BACK, SLIDE AND TOUCH, SWAY R-L-R-L

- 1&2 Step forward on R, step L next to R, step forward on R
3-4 Step back on L, slide R and touch next to L
5-6 Step R slightly to right and sway hip to right, change weight to L and sway hip to left
7-8 Change weight to R and sway hip to right, change weight to L and sway hip to left

END OF DANCE

#16 COUNT TAG: Done at end of wall 2(facing back) and at end of wall 4(facing front)

SIDE, TOUCH, SIDE, TOUCH, TRIPLE, ROCK RECOVER(Lindy)

- 1-2 Step R to side, touch L toe next to R
3-4 Step L to side, touch R toe next to L
5&6 Step R to side, step L next to R, step R to side
7-8 Rock back on L, recover weight on right

TRIPLE, ROCK, RECOVER(Lindy), SIDE, TOUCH, SIDE, TOUCH

- 1&2 Step L to side, step R next to L, step L to side
3-4 Rock back on R, recover weight on L
5-6 Step R to side, touch L next to R
7-8 Step L to side, touch R next to L

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