

Up Again

拍数: 32 墙数: 4 级数: Improver
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音乐: Up Again - Dan Bremnes



Right lock, left lock, step, ½ turn, left shuffle

1&2 step right forward, step left behind right, step right forward
&3&4 step left forward, step right behind left, step left forward, step right forward
5-6 step left forward, make ½ turn to right stepping right forward
7&8 step left forward, step right beside left, step left forward (6:00)

Right lock, left lock, step, ¼ turn, left cross shuffle

1&2 step right forward, step left behind right, step right forward
&3&4 step left forward, step right behind left, step left forward, step right forward
5-6 step left forward, make ¼ turn to right stepping right to side
7&8 step left over right, step to side, step left across right (9:00)

Restart here on wall 3

Rock right side, recover, behind and cross, rock left side, recover, left ¼ sailor

1-2 rock right to side, recover to left
3&4 step right behind left, step left to side, step right over left
5-6 rock left to side, recover to right
7&8 step left beside right making ¼ turn, step right beside left, step left forward (6:00)

Right shuffle, left forward rock, recover, ¼ turn left shuffle, rock right behind left, recover

1&2 step right forward, step left beside right, step right forward
3-4 rock left forward, recover to right
5&6 step left back making ¼ turn left, step right beside left, step left to side
7-8 rock right behind left, recover to left (3:00)

Ending: On wall 8, make ½ turn left on counts 31&32 to face the front
