

Up For Dancing

拍数: 32 墙数: 4 级数: Improver
编舞者: Lucy Cooper (UK) - December 2019
音乐: Wanna Dance - Nathan Carter



Walk, Walk, Toe, Flick, Toe, Flick, Walk, Heel, Ball, Kick ball Step

1 2 Walk right forward, walk left forward
3&4& Touch the right toe forward, flick right to the right, touch the right toe forward, flick right to the left
5 6& Walk right forward, touch left heel forward, ball step left next to right
7&8 Kick right forward, ball step right next to left, step left forward

¼ Pivot L, Cross shuffle, ½ Turn R, Side Rock ¼ turn, Cross

1 2 Step right forward, pivot ¼ left (9.00)
3&4 Cross right over left, step left to side, cross right over left
5 6 Step back on left turning ¼ right, step forward on right turning ¼ right (3.00)
7&8 Rock left to side turning ¼ right, recover onto right, cross left in front of right (6.00)

Skate, Skate, Heel, Back, Back, Back Rock, Recover, Knee pop, Knee Pop

1 2 Facing right diagonal skate right, skate left
3 4 Touch right heel forward to right diagonal, step right back
5 6& Step back on the left (squaring back to front), rock right back, recover onto left
7&8 Pop the right knee in, ball step right next to left, pop the left knee in

Cross, Side, Sailor ¼ L, Hip bump R, Step, Hip bump L, Step

1 2 Cross left in front of right, step right to side
3&4 Cross left behind turning ¼ left, step right to side, step left to side
5&6 Touch the right toe forward and bump the hips (turn body to left diagonal), recover onto left, step forward onto the right
7&8 Touch the left toe forward and bump the hips (turn body to right diagonal), recover onto right, step forward onto the left
