

Turn It Up

拍数: 32 墙数: 2 级数: Beginner
编舞者: Rob McKean (CAN) - March 2020
音乐: Turn up the Radio - Sweet Lizzy Project



Strut Forward Right, Strut Forward Left, Side Rock, Recover, Step Together Hold

1&2& Step forward on R toe, step down on R, step forward on L toe, step down on L
3&4& Rock side right onto R bumping hips right, recover onto L, step together on R, hold

Strut Forward Left, Strut Forward Right, Side Rock Recover, Step Together, Hold

5&6& Step forward on L Toe, step down on L, Step forward on R toe, step down on R
7&8& Rock side left side onto L bumping hips left, recover onto R, step together on L, hold

Right Mambo Forward, Left Mambo Back

9&10& Rock forward on R, recover on L, step together on R, hold
11&12& Rock back on L, recover on R, step together on L, hold

1/8 Paddle Turns

13&14& Step forward on R, pivot 1/8 turn left, step forward on R, pivot 1/8 turn left
15&16& Step forward on R, pivot 1/8 turn left, step forward on R, pivot 1/8 turn left

Step Touch, Step Touch, Side, Together, Forward, Hold

17&18& Step side right, touch L beside R, step side left, touch R beside L
19&20& Step side right, together on L, step forward on right, hold

Step Touch, Step Touch, Side, Together, Side, Hold

21&22& Step side left, touch R beside L, step side right, touch L beside R
23&24& Step side left, step together on R, step side left, hold

Cross Recover, Together, Hold, Cross Recover, Together, Hold

25&26& Cross R over L, recover onto L, step together on R, hold
27&28& Cross L over R, recover onto R, step together on L, hold

1/2 Mambo Turn, Hold, 1/4 Mambo Turn, Hold

29&30& Rock forward on R, recover onto L, make a 1/2 turn right on L, stepping forward on R, hold
31&32& Rock forward on L, recover onto R, make a 1/4 turn left on R stepping forward on L, hold
