

Up & Up

拍数: 32 墙数: 4 级数: Improver
编舞者: Ein Merin (INA) - March 2020
音乐: Up&Up - Coldplay



Section 1. TURN 1/4 L, STEP TOUCH, SIDE, BEHIND, TURN 1/4 R, FORWARD, SIDE, BEHIND, ROCK-RECOVER, BACK DRAG, CLOSE, FORWARD

1&2 turn 1/4 left (9.00) step L forward, turn 1/4 right (12.00) touch R next to L, step R side
3&4& cross L behind R, turn 1/4 right (3.00) step R fwd, step L side, cross R behind L
5&6 rock L side, recover on R, step L back and drag R back
7-8 Close R together, step L forward

Section 2. SIDE, TOUCH, SIDE, BEHIND, TURN 1/4 L FORWARD L-R, BACK L-R-L, FULL TURN R.

1&2 step R side, touch L next to R, step L side
3&4 cross R behind L turn 1/4 left (12.00), step L forward, step R forward
5&6 step L back, step R back, step L back
7&8 step R forward turn right 1/2, step L back turn right 1/2, step R forward

Section 3. STEP SIDE, TOUCH (L-R), SIDE, CLOSE, BIG STEP SIDE, TURN 1/4 R ROCK SIDE R, HOME, KICK BALL TOUCH

1&2& step L side, touch R next to L, step R side, touch L next to R
3&4 step L side, close R together, Big step L side
5&6 turn 1/4 right (3.00) rock R side and look to the back, turn 1/4 left (12.00) step L in place, close R together BW on R
7&8 kick L fwd, close L together, touch R side

Section 4. COASTER STEP, ROCK RECOVER ROCK - JAZZ BOX, TURN 1/4 R WALK

1&2 Step R back, close L together, step R forward
3&4 rock L forward, recover on R, rock L forward with Hips style and sweep R side
5&6 cross R over L, step L back turn 1/4 right, step R side
7-8 step L forward, step R forward
