

Get Up and Dance

拍数: 48 墙数: 4 级数: Beginner
编舞者: Lisa Alderton (USA) - January 2020
音乐: Time to Swing - Scooter Lee



Strut Vine Right, Touch, Kick

1-6 RF to R - Toe (1) Drop Heel (2) LF Behind RF - Toe (3) Drop Heel (4) RF to R - Toe (5) Drop Heel (6)
7-8 LF Touch Next to RF (7), LF Kick (8)

Strut Vine Left, Touch, Kick

1-6 LF to L - Toe (1) Drop Heel (2) RF Behind LF - Toe (3) Drop Heel (4) LF to L - Toe (5) Drop Heel (6)
7-8 RF Touch Next to LF (7), RF Kick (8)

Step, Scuff, Step, Scuff, Jazz Box Turn ¼ Right

1-4 RF Step Forward, LF Scuff, Step, RF Scuff forward
5-8 RF Cross over step, Recover Back on LF, ¼ Turn Right stepping to Right, LF Step Beside RF

Right Diagonal Side, Touch, Left Diagonal Side, Touch, Shuffle Back

1-2 RF Step Diagonally Forward, Touch LF Next to RF
3-4 LF Step Diagonally Forward, Touch RF Next to LF
5-8 RF Step Back, LF Step Next to RF, RF Step Back, LF Touch Next to RF

Left Diagonal Side, Touch, Right Diagonal Side Touch, Shuffle Back

1-2 LF Step Diagonally Forward, Touch RF Next to LF
3-4 RF Step Diagonally Forward, Touch LF Next to RF
5-8 LF Step Back, RF Step Next to LF, LF Step Back, RF Touch Next to LF

K - Step

1-4 RF Diagonally Step Forward, LF Touch Next to RF, LF Diagonally Step Back, RF Touch Next to LF
5-8 RF Diagonally Step Back, LF Touch Next to RF, LF Diagonally Step Forward. RF Touch Next to LF

Begin Again, No tags, No restarts
