

Up To Me

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Hiroko Carlsson (AUS) - December 2021
音乐: up to me - LANY : (iTunes / Amazon)



(Dance starts on lyrics/32 counts intro)

[S1] L and R (Side, Sailor-Sway-Sway)

1 2& Step L to the side, Step R behind L, Step L to the side
3 4 Stepping R to the side and sway to the right, Sway to the left
5 6& Step R to the side, Step L behind R, Step R to the side
7 8 Stepping L to the side and sway to the left, Sway to the right

[S2] Rock Back-1/4R, Hold-&, Side Rock, Cross, Side

1 2 Rock back on L, Replace weight on R
3 4& Make a 1/4 turn right stepping L to the side, Hold, Step R next to L (3:00)
5 6 Rock L to the side, Replace weight on R
7 8 Cross L over R, Step R to the side

[S3] 1/4L, Hold-&, Side Rock, Cross, Side, Behind, 1/4R

1 2& Make a 1/4 turn left stepping L to the side, Hold, Step R next to L
3 4 Rock L to the side, Replace weight on R
5 6 Cross L over R, Step R to the side
7 8 Step L behind R, Make a 1/4 turn right stepping forward on R (3:00)

[S4] Step-Pivot 1/4R, Cross-Point, 1/4R-Point, 1/4L-Point

1 2 Step forward on L, Make a 1/4 turn right recover weight on R (6:00)
3 4 Cross L over R, Point R to the right
5 6 Make a 1/4 turn right stepping R foot beside L, Point L to the left (9:00)
7 8 Make a 1/4 turn left stepping L foot beside R, Point R to the right (6:00)

[S5] Fwd Rock-Back-Cross Touch, Fwd Rock, Shuffle Back

1 2 Rock forward on R, Replace weight on L
3 4 Step back on R, Touch/across L toe over R
5 6 Rock forward on L, Replace weight on R
7&8 Shuffle back on L-R-L

[S6] 1/2R Shuffle Fwd, Fwd Rock, Shuffle Back, 1/2R Shuffle Fwd

1&2 Make a 1/2 turn right shuffle forward on R-L-R (12:00)
3 4 Rock forward on L, Replace weight on R
5&6 Shuffle back on L-R-L
7&8 Make a 1/2 turn right shuffle forward on R-L-R (6:00)

[S7] Fwd Rock-Together, Side Rock, Fwd Rock-Together, Side, Together

1 2& Rock forward on L, Replace weight on R, Step L together
3 4 Rock R to the side, Replace weight on L
5 6& Rock forward on R, Replace weight on L, Step R together
7 8 Step L to the side, Step R next to L

[S8] 1/4L, Step-Pivot 1/2L, Slow Kick-Ball-Step, Kick-Ball-Touch

1 2 3 Make a 1/4 turn left stepping forward on L, Step forward on R, Make a 1/2 turn left recover weight on L (9:00)
4 5 6 Kick forward on R, Ball step R next to L, Step forward on L

7&8

Kick forward on R, Ball step R next to L, Touch L next to R

**Ending: The last wall starts facing 12:00, dance up to S5 count 5. Then,
Make a 1/2L turn stepping forward on L (12:00)**

**Please feel free to contact me if you need any further information. (hirokoinedancing@gmail.com)
(updated: 21/Dec/21)**
