

Up

拍数: 32 墙数: 4 级数: Improver
编舞者: Judy Rodgers (USA) - January 2022
音乐: Up - Thomas Rhett : (album: Center Point Road)



#24 count intro (start count on drums) - 2 restarts

S1: Cross rock side rock, cross & cross, turn 1/4 L shuffle, coaster step

1&2& Rock L over R, recover R, rock L to left side, recover R
3&4 Cross L over R, step R to right side, cross L over R
5&6 Turn 1/4 left shuffle back R L R 9:00
7&8 Step L back, step R beside L, step L fwd

S2: Samba steps R & L, sync rocking chair, shuffle

1-2& Cross R over L, rock L to left side, recover R
3-4& Cross L over R, rock R to right side, recover L
5&6& Rock R fwd, recover L, rock R back, recover L
7&8 Shuffle fwd R L R

*** Wall 3 (restart facing 3:00) and Wall 6 (restart facing 6:00)

S3: Step turn 1/4 R cross, scissor cross, back lock back side, cross bounce bounce turn 1/2 R

1-2& Step fwd L, turn 1/4 right step R to side, cross L over R 12:00
3&4 Step R to right, step L beside R, cross R over L
5&6& Step back L, lock R over L, step back L, step R to side
7&8 Cross L over R, bounce bounce heels turning 1/2 right (wt on L) 6:00

S4: Mambo step, sweep sailor turn 1/4 L, rocking chair, big step fwd touch

1&2 Rock fwd R, recover L, step back R,
3&4 Sweep L around R turn 1/4 left step L behind R, step R to right, step L fwd 3:00
5&6& Rock fwd R, recover L, rock back R, recover L
7-8 Big step fwd R, touch L beside R

Ending: Wall 9 starts 12:00 and ends after 16 counts facing 9:00

add: 'step L fwd turn 1/4 R' to face front.....smile!