

Up

拍数: 104 墙数: 2 级数: Phrased Advanced
编舞者: Heejin Kim (KOR) & Hyun Jeong Cha (KOR) - January 2022
音乐: UP (구경이OST) - Hajin (하진) : (InspectorKoo OST)



*Sequence : A, B, A, B, B, C, B, B

[Part A 48 count]

[1~8] Vaudeville, Cross Shuffle, 3/4 Turn R Cross Shuffle, 1/2 Turn L Cross Shuffle

1&2& RF Cross over(1), LF Step Back diagonally L(&), RF Touch Heel diagonally R(2), RF Ball Together(&)
3&4 LF Cross over(3), RF Step Side(&), LF Cross over(4)
5&6 RF 3/4 Turn R Cross over(5)(9:00), LF Step Side(&), RF Cross over(6)
7&8 LF 1/2 Turn L Cross over(7)(3:00), RF Step Side(&), LF Cross over(8)

[9~16] Together, Sweep, Behind, Out, Out, Knee Pop, Turn R 1/8 Rock Step, Together, 1/4 Turn R Prep, Full Turn

&12 RF Ball Together(&), LF Step behind RF Sweep back(1), RF Step Behind(2),
&3&4 LF Step Side(&), RF Step Side(3), BF Up heel with Pop keens forward(&), BF Drop heel(4)
5&6 LF 1/8 Turn R Step Forward(5)(4:30), RF Recover(6), LF Step Together(&)
7&8 RF 1/4 Turn R Step Forward(Prep)(7)(7:30), 1/2 Turn R Step Back(8), 1/2 Turn R Step Forward(&)

[17-24] Lock Step x3, Mambo 1/2 Turn R, Volta 8/5 Turn R with Sweep

1&2& LF Step forward(1), RF Step behind(&), LF Step forward(2), RF Step behind(&),
3&4 LF Step forward(3), RF Step behind(&), LF Step forward(4)
5&6& RF Step forward(5), LF Recover(&), RF 1/2 Turn R Step forward(6)(1:30), LF 1/8 Turn R Step side(&)(3:00)
7&8 RF 1/4 Turn R Step forward(7)(6:00), LF 1/8 Turn R Step side(&)(7:30), RF 1/8 Turn R Step forward LF Sweep forward(8)(9:00)

[25-33] Cross Rock, Recover, Weave, Cross Rock, Recover, 1/4 Turn R, Lock Step

12& LF Cross over(1), RF Recover(2), LF Step side(&)
3&4& RF Cross over(3), LF Step side(&), RF Step behind(4), LF Step side(&)
567 RF Cross over(5), LF Recover(6), RF 1/4 Turn R Step forward(7)(12:00)
8&1 LF Step forward(8), RF Step behind(&), LF Step forward(1)

[34-41] Walk x2 ,Anchor Step, Full Turn, Sailor Step

2 3 RF Step forward(2), LF Step forward(3),
4&5 RF Step behind(4), LF Step in place(&), RF Step backward(5)
6 7 LF 1/2 Turn L Step forward(6), RF 1/2 Turn L Step Back LF Sweep back(7)(12:00)
8&1 LF Step Behind(8), RF Step side(&), LF Step side(1)

[42-48] Sailor Step, Behind, Side, Lock Step, Rocking Chair

2&3 RF Step behind(2), LF Step side(&), RF Step side(3)
4& LF Step behind(4), RF Step side(&)
5&6 LF Step forward(5), RF Step behind(&), LF Step forward(6)
7&8& RF Step forward(7), LF Recover(&), RF Step backward(8), LF Recover(&) (12:00)

[Part B 32 count]

[1-8] Forward, Jump, Lock Step, Forward, 1/2 Turn L, 1/2 Turn L Lock Step

1 2 RF Step forward(1), BF Jump place(2)
3&4& RF Step forward(3), LF Step behind(&), RF Step forward(4), LF Step forward(&)

5 6 RF Step forward(5), LF 1/2 Turn L Step forward(6)(6:00)
7&8& RF 1/4 Turn L Step side(7), LF Cross over(&), RF 1/4 Turn L Step backward(8)(12:00), LF Step backward(&)

[9-16] Touch, Swivel, Backward, Touch, Swivel, Together, Syncopated Lock Step R&L, Perp

1&2& RF Touch forward(1), BF Swivel heel R(&), BF Swivel recover(2), RF Step backward(&)
3&4& LF Touch forward(3), BF Swivel heel L(&), BF Swivel recover(2), LF Step together(&)
5&6& RF Step forward(5), LF Step behind(&), RF Step forward(6), LF Step forward(&)
7&8 RF Step behind(7), LF Step forward(&), RF Step forward(prepare)(8)

[17-24] Full Turn R with Hitch, Touch, Cross Rock, Side Rock, Diamond 1/2 Turn L

1 2 RF Full Turn R LF Hitch(1), LF Touch side RF Knee bend(2)
3&4& LF Cross over(3), RF Recover(&), LF Step side(4), RF Recover(&)
5&6 LF 1/8 Turn R Step forward(5), RF 1/8 Turn L Step side(&), LF 1/8 Turn L Step backward(6)(10:30)
7&8 RF Step backward(7), LF 1/8 Turn L Step side(&), RF 1/8 Turn L Step forward(8)(7:30)

[25-32] Step Touch Together X4 with Full Turn L, Cross, 1/4 Turn L Side Rock, Walk X2

1&2& LF 1/8 Turn L Step forward(1)(6:00), RF 1/8 Turn L Touch together(&), RF 1/8 Turn L Step side knees out(2)(3:00), LF 1/8 Turn L Touch together(&)
3&4& LF 1/8 Turn L Step side knees out(3)(12:00), RF 1/8 Turn L Touch together(&), RF 1/8 Turn L Step side knees out(4)(9:00), LF Touch together(&)
5&6 LF Step forward(5), RF 1/4 Turn L Step side(&)(6:00), LF Recover(6)
7 8 RF Step forward, LF Step forward

[Part C 24 count]

[1-8] Forward, 1/2 Turn L with Sweep, Weave, Sweep, Weave

1 2 RF Step forward, LF 1/2 Turn L Sweep back
3 4 LF Step behind, RF Step side
5 6 LF Cross over, RF Sweep forward
7 8 RF Cross over, LF Step side

[9-16] Sweep, Touch, 1/2 Turn L, 1/4 Turn L, 1/4 Turn L, Hold

1 2 RF Step behind, LF Sweep back
3 4 LF Touch behind, RF 1/2 Turn L weight
5 6 LF 1/4 Turn L Step forward, RF 1/4 Turn L Touch together
7 8 Hold, Hold

[17-24] Walking Full Turn R, Pose and Hold

1 2 RF 1/4 Turn R Step forward, LF 1/4 Turn R Step forward
3 4 RF 1/4 Turn R Step forward, LF 1/4 Turn R Step forward
5~8 RF Touch forward, Hold 3 count
