

# Spice It Up (Rebirth)

拍数: 64      墙数: 1      级数: High Beginner  
编舞者: Sobrielo Philip Gene (SG) - October 2022  
音乐: Spice Up Your Life - Spice Girls



Sequence: ABC, AABC, ABCC

## PART A: 32c

### [1-8] ½ TURN STEP, SIDE ROCK CROSS, SIDE ROCK CROSS, LOCK STEP FORWARD

1&2      Step forward right (1) make ½ turn left (&) step right forward right (2)  
3&4      Rock left to the left (3), recover on right (&) cross left over right (4)  
5&6      Rock right to the right (5), recover on left (&) cross right over left (6)  
7&8      Step left forward, step right behind left and step left forward

### [9-16] Repeat steps 1-8

### [17-24] KICK/KICK, COASTER STEP, KICK/KICK, COASTER STEP

1-2      Kick right foot forward (1), kick right foot to right side (2)  
3&4      Step right behind left (3), step left beside right (&), step right forward (4)  
5-6      Kick left foot forward (5), kick left foot to left side (6)  
7&8      Step left behind right (7), step right beside left (&), step left forward (8)

### [25-32] ROCK, RECOVER ½ TRIPLE TURN TWICE

1-2      Rock forward on right (1), recover on left (2)  
3&4      Make ½ triple turn over right shoulder stepping right, left, right (3&4)  
5-6      Rock forward on left (5), recover on right (6)  
7&8      Make ½ triple turn over left shoulder stepping left, right, left (7&8)

## PART B (32 counts)

### JUMP FORWARD, HIP BUMPS, JUMP LEFT, HIP BUMPS

&1-2      Step Right forward (&), step Left to left (1), hold (2)  
3&4      Bump hips left, right, left (3&4)  
&5-6      Step right beside left (&), step left to left (5), hold (6)  
7&8      Bump hips right (7) left (&), right (8)

### JUMP RIGHT, HIP BUMPS, JUMP BACK, HIP BUMPS

&1-2      Step left beside Right (&) step right to the right (1), hold (2)  
3&4      Bump Hip right, left, right, (3&4)  
&5      Step Left back (&), step right back (5), hold (6)  
7&8      Bump hips left, right, left (7&8) (weight on left)

## PART C (16 counts)

Dance according to the chorus

### WEAVE LEFT, STEP-SLIDES WITH HIP ACTION TRAVELING RIGHT

#### "Slam it to the left"

1-2      Cross right in front left, step left to left side  
3-4      Cross right in behind of left, step left to left side

#### "Shake to the right"

5&      Right step side right moving hips left, left slide next to right  
6&      Right step side right moving hips left, left slide next to right  
7&      Right step side right moving hips left, left slide next to right  
8      Right step side right moving hips left

## **OUT OT BACK BACK, ROLLING HIPS BUMPS**

- 1-2 Step left forward, right forward to the right (chicas to the front)
  - 3-4 Step left back, right back to the right (uh uh)
  - 5-8 Rolling hip anti-clockwise from left to right (go round / hi ci ya hold tight)
  
  - 9-16 Repeat steps 1-16
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