

Giddy Up!

拍数: 104 墙数: 1 级数: Phrased Intermediate
编舞者: Per Sørensen (DK) & Ann-Jeanett Ramsvatn (DK) - March 2023
音乐: Giddy Up! - Shania Twain



Sequence - A B C A B C D A Tag C D

Part A: 32c

(1-8) Heel, Together, Heel, Together, Kick, Out, Out, Fan In, Fan Out, Fan ¼, Lock Shuffle Forward

- 1&2& Touch R heel out into R diagonal (1), step R together (&), touch L heel out into L diagonal (2), step L together (&)
3&-4 Kick R fwd (low) (3), step R out to R side (&), step L out to L side (4)
5& Fan R heel in (5), fan R heel out to center as you take the weight onto R (&)
6 Fan L heel in as you look L towards (6) 9:00
(you're starting to make ¼ turn but for now your body is open to 10:30)
7&8 Still looking towards 9:00: Complete the ¼ turn to 9:00 by stepping L fwd (7), lock R behind L (&), step L fw (8)

(9-16) Ball step, Step ¼ R, Cross Shuffle, Step, Heel & Toe & Heel & Cross

- &1-2 Step R next to L (&), Step fwd on L (1), Turn ¼ R recover on R (2) 12:00
3&4 Cross L over R (3), Step R to R side (&), Cross L over R (4)
&5&6 Step back on R (&), Touch L heel fwd (5), Step L next to R (&), Touch R to next to L (6)
&7&8 Step back on R (&), Touch L heel fwd (7), Step L next to R (&), Cross R over L (8)

(17-24) Big Step L, Drag & Cross Shuffle, Big Step R, Drag & Cross Shuffle

- 1-2 Big step to L (1), Drag R next to L and step down on R (2)
3&4 Cross L over R (3), Step R to R side (&), Cross L over R (4)
5-6 Big step to R (5), Drag L next to L and step down on L (6)
7&8 Cross R over L (7), Step L to L side (&), Cross R over L (8)

(25-32) Step fwd, Touch, Back Kick, Behind Side Cross, ¼ ¼ L, Cross Rock, Side Rock

- 1&2& Diagonal step L fwd (1), Touch R beside L (&), Step back on R (2), Kick L fwd (&)
3&4 Step L behind R (3), Step R to R side (&), Cross L over R (4)
5-6 Turn ¼ L stepping back on R (5), Turn ¼ L stepping L to L side (6) 6:00
7&8& Rock R over L (7), Recover on L (&), Rock R to R side (8), Recover on L (&)

Part B: 16c

(1-8) R Heel Grind, L Heel Grind, Cross, Side, ½ Sailor R

- 1-2& R heel grind (1), Step L to L side (2), Step R next to L (&)
3-4& L heel grind (3), Step R to R side (4), Step L next to R (&)
5-6 Cross R over L (5), step L to L side (6)
7&8 Cross R behind L turning 1/2 R (7). Step L next to R (& Step forward on R (8)

(9-16) Syncopated Rocks fwd, fwd Rock, L full triple turn

- 1-2& Rock fwd on L (1), Recover on R (2), Step L next to R (&)
3-4& Rock fwd on R (3), Recover on L (4), Step R next to L (&)
5-6 Rock fwd on L (5), Recover on R (6)
7&8 Turn ½ L stepping L fwd (7), step R next to L (&), turn ½ L stepping L slightly fwd (8)

Part C: 24c

(1-8) Syncopated Jumps fwd & back while making ¾ turn L, Knee Pop

- &1&2 Step R fwd (&), Step L fwd (1), ¼ turn L step R back (&), Step L back (2) 12:00
&3&4 Step R fwd (&), Step L fwd (3), ¼ turn L step R back (&), Step L back (4) 9:00

- &5&6 Step R fwd (&), Step L fwd (5), ¼ turn L step R back (&), Step L back (6) 6:00
 &7&8 Step R fwd (&), Step L fwd (7), Push both knees fwd lifting both heels (&), both knees straighten again while dropping both heels (8) 3:00

Styling: Can use pelvis to push hips forward & back while doing the syncopated jumps forward & back.

(9-16) R Shuffle Back, ½ Shuffle L, ¼ Side Rock & Cross, Side Rock & Cross

- 1&2 Step back on R (1), step L together (&), step back on R (2) 3:00
 3&4 ¼ L stepping L to L side (3), step R next to L (&), ¼ L stepping L fwd (4) 9:00
 5&6 ¼ L rock R to R side (5), Recover on L (&), Cross R over L (6) 6:00
 7&8 Rock L to L side (7), recover on R (&), Cross L over R (8) 6:00

(17-24) Side Rock, ½ Sailor R, ¼, Ball, ¼, Ball, ¼, Ball, Step

- 1-2 Rock R to R side (1), recover on L (2)
 3&4 Cross R behind L turning 1/2 R (3). Step L next to R (&) Step forward on R (4) 12:00
 5& ¼ left stepping fwd on L (5), Step on ball of R next to L (&) 9:00
 6& ¼ left stepping fwd on L (6), Step on ball of R next to L (&) 6:00
 7&8 ¼ left stepping fwd on L (7), Step on ball of R next to L (&), ¼ left stepping fwd on L (8) 12:00

Styling: push L arm fwd & R arm up with a clench fist & swinging R arm around (Imagine you're riding a horse & swinging with a lasso)

Part D: 32c

(1-8) Walk RL, Shuffle fwd, Rock/Recover, ½ Shuffle

- 1-2 Walk Fwd on R (1), Walk Fwd on L (2)
 3&4 Step fwd on R (3), step L next to R (&), step fwd on R (4)
 5-6 Rock fwd on L (5), recover on R (6)
 7&8 ¼ L stepping L to L side (7), step R next to L (&), ¼ L stepping fwd on L (8) 6:00

(9-16) Walk RL, Shuffle fwd, Rock/Recover, ½ Sailor L

- 1-2 Walk Fwd on R (1), Walk Fwd on L (2)
 3&4 Step fwd on R (3), step L next to R (&), step fwd on R (4)
 5-6 Rock fwd on L (5), recover on R (6)
 7&8 Cross L behind R turning 1/2 L (7). Step R next to L (&) Step forward on L (8)

(17-24) Cross, Back, Chasse R, Cross, Back, Chasse L

- 1-2 Cross R over L (1), Step back on L (2)
 3&4 Step R to R side (3), Step L next to R (&), Step R to R side (4)
 5-6 Cross L over R (5), Step back on R (6)
 7&8 Step L to L side (7), Step R next to L (&), Step L to L side (8)

(25-32) Cross, Side, Sailor R, Cross, Side, Triple full turn on the spot

- 1-2 Cross R over L (1), Step L to L side (2)
 3&4 Cross R behind L (3), Step L to L side (&), Step R to R side (4)
 5-6 Cross L over R (5), Step R to R side (6)
 7&8 Turn ½ L stepping L fwd (7), step R next to L (&), turn ½ L stepping L slightly fwd (8)

TAG: Jazzbox ½ R

- 1-4 Cross R over L (1), ¼ turn R stepping back on L (2), ¼ R stepping fwd on R (3), step L next to R (4)

Styling: Shimmy shoulders/ Shake body while doing Jazzbox

ENDING: Only arm movements - push L arm fwd & R arm up and clench fist (Imagine you're riding a horse & swinging with a lasso)! □

ENJOY & HAVE FUN!

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