

Up

拍数: 32 墙数: 4 级数: Beginner
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音乐: Up - INNA



This work is an entry for the UCWDC Incheon International Competition.

Intro : 16

Restarts : On Wall 2 After 16 Counts
On Wall 6 After 16 Counts

SEC 1. HEEL &, HEEL &, SIDE MAMBO X 2

1 & 2 & R Heel Fwd(1), R Step Beside L(&), L Heel Fwd(2), L Step Beside R(&),
3 & 4 Step R Side(3), Recover L(&), Step R Beside L(4),
5 & 6 & L Heel Fwd(5), Step L Beside R(&), R Heel Fwd(6), Step R Beside L(&),
7 & 8 Step L Side(7), Recover R(&), Step L Beside R(8),

SEC 2. FWD R, 1/2 PIVOT TURN L, L 1/2 SHUFFLE, COASTER STEP, STOMP X 2

1 2 Step Fwd on R(1), 1/2 Pivot Turn L(weight L)(2),
3 & 4 Making 1/2 Turn L(Shuffle): Step Back(3), Step L next R(&), Step R Back(4),
5 & 6 Step L Back(5), Step R Next to L(&), Step L Fwd(6)
7 8 Stomp Fwd on R(7), Stomp L Inplace Beside R(8),

SEC 3. SAMBA X 2 (R,L), VOLTA 3/4 TURN RIGHT CLOSE

1 & 2 R Cross over L(1), L Rock Side(&), Recove on R(2),
3 & 4 L Cross over R(3), R Rock Side(&), Recove on L(4),
5 & 6 & 1/4 Turn R Crossing R over L(5), Step On Ball Of L(&), 1/4 Turn R Crossing R over L(6), Step
On Ball Of L(&),
7 8 1/4 Turn R Crossing R over L(7), Close L Beside R(8),

SEC 4. MAMBO FWD, COASTER, SYNCOPATED JAZZ BOX, FWD RF, BESIDE TOUCH

1 & 2 Lock Fwd R(1), Recover L(&), Step R Next L(2),
3 & 4 Step L Back(3), Step R Next to L(&), Step L Fwd(4),
5 6 & Cross R Over L(5), Step L Back(6), Step R to R(&),
7 8 Step Fwd on L(7), Touch L Beside R(8),

HAVE A GREAT DANCE TIME !!!

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