

Up!

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Mandie Spano (CAN) - February 2024
音乐: Up! - Shania Twain



Walk backwards 3x, kick, walk backwards 3x, kick.

1 - 4 Walk backwards, R, L, R, kick left foot forward.
5 - 8 Walk backwards, L, R, L, kick right foot forward.

Side rock, shuffle, side rock, shuffle.

9 - 10, 11 & 12 R foot side rock, recover L, shuffle forward, crossing over L foot.
13 - 14, 15 & L foot side rock, recover R, shuffle forward, crossing over R foot.
16

Vine, shuffle, pivot, shuffle.

17 - 18, 19 & R foot side, L foot behind, shuffle side, R, L, R.
20
21 - 22, 23 & Pivot turn to side, shuffle forward, L, R, L.
24

Full turn, walk, walk, hips.

25 - 28 Full turn to left, R, L, walk, walk, R, L.
29 - 32 Hips, R back, L forward.

Repeat.

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