

Had To Pull Up

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 1 级数: Intermediate
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音乐: Pull Up (Cut version) - Jason Derulo



Intro: 16 Counts

Sequence: A, B (16count), tag, B, A, B (16 count), tag, B, A

Part A (32 C)

S1. Step Forward, Point, Hold 2x RL, Forward Mambo, Back Mambo

&1-2 Step R Forward (&) Point L Side (1), Hold (2)
&3-4 Step L Forward (&) Point R Side (3), Hold (4)
5&6 Rock R Forward (5), Recover to L (&), Step R back(6)
7&8 Rock L Back (7), Recover to R(&), Step L Beside R (8)

S2. Vaudeville LR, Chugs (2X), ½ Pivot

1&2& Cross R Over (1), Step Left Side (&) Touch right heel diagonally forward (2), Close together (&)
3&4& Cross L Over (3), Step right side (&), Touch left heel diagonally Forward (4), Close together (&)
5-6 ¼ L Stomp R to R (5), 1/4 L Stomp R to R (6)
7-8 Step R Forward (7), ½ Turn L Weight on L (8), [12:00]

S3. Forward, Step, Hitch, Sit Back (2x), Step,Hitch, Sit Back

& 1-2 Step R Forward (&), Step L Forward (1), Step R Hitch (2)
3 - 4 Step R Back (3), Touch L slightly front R bending R look at back and snap R (4)
5-6 Step L in place(5), Step R Hitch (6)
7-8 Step R back (7), Touch L slightly front R bending R look back and snap R (8)

S4. Cross Back Side LR, Tap 2x Slide, Tap 2X Slide

1&2 Cross L over R (1), Step R back (&), Step L side (2)
3&4 Cross R Over L (3), Step R back (&), Step R side (4)
5&6 Tap L beside R (5), Tap L beside R (&), Step L slide to L (6)
7&8 Tap R beside L (7), Tap R beside L(&), Step R slide to R (8)

PART B (32 C)

S1. Side Touch LR, Chasse, Side Touch RL, Hips Bump

1&2& Step L side to L(1), Touch R beside L (&), Step R side to R (2), Touch L beside R (&)
3&4 Step L side to L (3), Step R Beside L (&), Step L side to L (4)
5&6& Step R to R (5), Touch L beside R (&), Step L Side to L(6), Touch R beside L (&)
7-8 Step R to R Side with hip bump forward angling [1:30] (7), Hip bump back (&), Move Hip bump forward (8)

S2. Cross, Side, Sailor Step 1/4 Turn Left, Forward, Pivot, Cross Shuffle

1-2 Cross L Over (1), Step R Side (2)
3&4 ¼ Turn L Cross L behind (3), Step R beside L (&), Step L Forward (4) [09:00]
5-6 Step R Forward (5), ¼ Turn L weight on L (06:00)
7&8 Cross R Over (7), Step L beside R (&), Cross R Over L (8)

Tag here after 24 count facing 12:00

S3. 1/6 Turn Left, Hitch, Back Shuffle, Sailor Step Turning 3/8 Left, Side Mambo, Touch

1-2 ⅙ Turn L Step L Forward(1), Hitch R (2) [4.30]

3&4 Step R back (3) , Step L back beside R (&) , Step R back (4)
5&6 $\frac{3}{8}$ Turn L Step L behind (5), Step R Side (&), Step L Forward (6) [12:00]
7&8 Rock R Side(7), Recover on L (&), Touch R beside (8)

S4. Sway R L R L R L R, Step Close, Step Forward

1-2 Sway R (1), Sway L (2)
3&4 Sway R (3), Sway L (&), Sway R (4)
5-6 Sway L (5) , Sway R (6)
7&8 Step L in place (7), Step R Close(&), Step L Forward (8)

Tag 4 count ; Pedal, Turn, Body Roll

&1 2 Side L to L (&)[3:00], $\frac{1}{4}$ Turn L Point on R side (1), Hold (2) [12.00]
3 4 Move Body Weight to R and body roll RL bending (3), Pull Up R hand (4)

Enjoy Our Dance and Happy Dancing

Last Update: 5 Aug 2024
