

Giddy up

拍数: 104 墙数: 2 级数: Phrased Intermediate - Novelty
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音乐: Giddy Up! - Shania Twain



Sequence: A – B – A – B – C – A32 counts – Tag – B – C

PART A (48 counts)

SECT. 1 - HEELS FWD – RIGHT SCUFF – OUT, OUT – RIGHT SAILOR STEP – BEHIND, SIDE, CROSS

1 RF heel touch fwd
& RF step in place
2 LF heel touch fwd
& LF step in place
3 RF scuff
& RF step side (out)
4 LF step side (out)
5 RF step behind
& LF step side
6 RF step side slightly fwd
7 LF step behind
& RF step side
8 LF step cross over

SECT. 2 - MAMBO STEP – COASTER STEP – ¼ TURN, STEP SIDE, HIP BUMP, ¼ TURN – COASTER STEP

9 RF step fwd
& LF recover weight
10 RF step back
11 LF step back
& RF step next to LF
12 LF step fwd
13 RF ¼ turn left step side hip bump to right (9.00)
& hip bump to left
14 ¼ turn left, weight on right foot (6.00)
15 LF step back
& RF step next to LF
16 LF step fwd

SECT. 3 - DIAGNAL RIGHT: STEP RIGHT / LEFT – LOCK STEP RIGHT – DIAGONAL LEFT: STEP LEFT / RIGHT – LOCK STEP LEFT

17 RF 1/8 turn right step fwd (diagonal right) (7.30)
18 LF step behind
19 RF step fwd (diagonal right)
& LF step behind
20 RF step fwd (diagonal right)
21 LF ¼ turn left step fwd (diagonal left) (4.30)
22 RF step behind
23 LF step fwd (diagonal left)
& RF step behind
24 LF step fwd (diagonal left)

SECT. 4 - MAMBO STEP – SHUFFLE TURN – PIVOT – SHUFFLE FWD

25 RF 1/8 turn right step fwd (6.00)
 & LF recover weight
 26 RF step back
 27 LF ¼ turn left step side (3.00)
 & RF step next to LF
 28 LF ¼ turn left step fwd (12.00)
 29 RF ½ turn left step back (6.00)
 30 LF ½ turn left step fwd (12.00)
 31 RF step fwd
 & LF step next to RF
 32 RF step fwd

**Tag here on the third repetition of part
 A after 32 counts**

SECT. 5 - STOMP, HOLD – STOMP, HOLD - (With arms up and down)– ROCK FWD, RECOVER – STEP BACK - STEP BACK OUT OUT

33 LF stomp side and rise both arms up with a closed fist
 34 hold
 35 RF stomp next to LF (out position) (bring both arms down with a closed fist)
 36 hold
 37 LF step fwd
 38 RF recover weight
 39 LF step back
 & RF step back out
 40 LF step back out

SECT. 6 - SYNCOPATED ROCK SIDE – STEPS BACK – FLICK RIGHT WITH SLAP - STOMP

41 RF step side
 42 LF recover weight
 & RF step in place
 43 LF step side
 44 RF recover weight
 45 LF step back
 46 RF step back
 47 LF step back
 & RF flick back and slap
 48 RF stomp up

PART B (24 counts)

SECT. 1 - RUMBA BOX – STEP BACK – CROSS OVER AND SLAP – FLICK SIDE AND SLAP – FLICK BEHIND AND SLAP

1 RF step side
 & LF step next to RF
 2 RF step fwd
 3 LF step side (Take the step passing close to the right foot)
 & RF step next to LF
 4 LF step back
 5 RF step back
 6 LF step back
 7 RF cross over left leg and touch right foot with left hand
 & RF flick to the right side and touch right heel with right hand
 8 RF flick cross behind and touch right foot with right hand

SECT. 2 - STEP, STEP – OUT, OUT – IN, IN – STEP, STEP – OUT, OUT – IN, IN

9 RF step fwd
10 LF step fwd
& RF step out
11 LF step out

On these two counts (& 11) turn your head to the right and raise your right arm until you touch the brim of your hat with two fingers.

& RF step in
12 LF step in

(& 12) The head return forward and the arms downwards

13 RF step fwd
14 LF step fwd
& RF step out
15 LF step out

(& 15) turn your head to the right and raise your right arm until you touch the brim of your hat with two fingers

& RF step in
16 LF step in

(& 16) The head return forward and the arms downwards

SECT. 3 - ROCK FWD – SHUFFLE TURN – PIVOT – STEP FWD – OUT OUT

17 RF step fwd
18 LF recover weight
19 RF ¼ turn right step side (3.00)
& LF step next to RF
20 RF ¼ turn right step fwd (6.00)
21 LF ½ turn right step back (12.00)
22 RF ½ turn right step fwd (6.00)
23 LF step fwd
& RF step out
24 LF step out

PART C (32 counts)

SECT. 1 - SHUFFLE FWD, DIAGONAL RIGHT AND LEFT - SHUFFLE BACK, DIAGONAL RIGHT AND LEFT

1 RF step fwd diagonally right
& LF step next to RF
2 RF step fwd diagonally right
3 LF step fwd diagonally left
& RF step next to LF
4 LF step fwd diagonally left
5 RF step back diagonally right
& LF step next to RF
6 RF step back diagonally right
7 LF step back diagonally left
& RF step next to LF
8 LF step back diagonally left

SECT. 2 - RIGHT ROLLING VINE, STEP – HEEL GRIND, SIDE, BEHIND, SIDE (x2)

9 RF ¼ turn right step fwd (3.00)
10 LF ½ turn right step back (9.00)
11 RF ¼ turn right step side (12.00)
12 LF step next to RF
13 RF step cross over and heel grind
& LF step side
14 RF step behind
& LF step side

- 15 RF step cross over and heel grind
- & LF step side
- 16 RF stomp up next LF

SECT. 3 - SHUFFLE FWD, DIAGONAL RIGHT AND LEFT - SHUFFLE BACK, DIAGONAL RIGHT AND LEFT

- 17 RF step fwd diagonally right
- & LF step next to RF
- 18 RF step fwd diagonally right
- 19 LF step fwd diagonally left
- & RF step next to LF
- 20 LF step fwd diagonally left
- 21 RF step back diagonally right
- & LF step next to RF
- 22 RF step back diagonally right
- 23 LF step back diagonally left
- & RF step next to LF
- 24 LF step back diagonally left

SECT. 4 - RIGHT ROLLING VINE, STEP – HEEL GRIND, SIDE, BEHIND, SIDE (x2)

- 25 RF ¼ turn right step fwd (3.00)
- 26 LF ½ turn right step back (9.00)
- 27 RF ¼ turn right step side (12.00)
- 28 LF step next to RF
- 29 RF step cross over and heel grind
- & LF step side
- 30 RF step behind
- & LF step side
- 31 RF step cross over and heel grind
- & LF step side
- 32 RF stomp up next LF

TAG (4 counts)

STOMP - HOLD

- 1 LF stomp
- 2 hold
- 3 hold
- 4 hold

Stomp left and look down to the left, raise right arm and snap fingers for 3 counts
