

Up To Your Knees

拍数: 64 墙数: 4 级数: High Improver
编舞者: Joern Kristiansen (NOR) - January 2025
音乐: Wade In the Water - Eva Cassidy



Intro: 32

S1: LEFT WEAVE AND POINT, RIGHT WEAVE AND POINT

1 2 3 4 Cross R over L (1), Step L to L side (2), Step R behind L (3), Point L to L side (4)
5 6 7 8 Cross L over R (5), Step R to R side (6), Step L behind R (7), Point R to R side (8)

S2: CROSS AND POINT, CROSS AND POINT, ¼ RIGHT JAZZBOX

1 2 Cross R over L (1), Point L to L side (2)
3 4 Cross L over R (3), Point R to R side (4)
5 6 7 8 Cross R over L (5), Step slightly back on L (6), turn ¼ R on R foot (7), Cross L over R (8)

S3: SIDE, BEHIND, ¼, STEP, ½, ¼, BEHIND, SIDE (Figure of Eight)

1-2 Step R to R side (1), Cross L behind R (2)
3-4 ¼ R stepping forward on R (3), Step forward on L (4).
5-6 ½ pivot R stepping forward on R (5), ¼ R stepping L to L side (6)
7-8 Cross R behind L (7), Step L to L side (8)

S4: STEP ½ TURN, FORWARD SHUFFLE, SWAY, SWAY, LEFT CHASSET

1 2 Step R forward (1), Pivot ½ turn L (2)
3&4 Step R forward (3), Step L beside R (&), Step R forward (4)
5 6 Sway L, (5) Sway R (6)
7 & 8 L to L side (7), Step R beside L (&), Step L to L side (8)

S5: RIGHT CROSS ROCK, RIGHT CHASSET, LEFT CROSS ROCK, LEFT CHASSET TURN ¼ LEFT

1 2 Cross R over L (1), Recover on to L (2)
3 & 4 R to R side (3), Step L beside R (&), Step R to R side (4)
5 6 Cross L over R (5), Recover on to R (6)
7 & 8 Step L ¼ turn L (7), Step R beside L (&), Step L forward (8)

S6: STEP ½ TURN, SHUFFLE FORWARD, ROCK RECOVER, SHUFFLE BACK

1 2 Step R forward (1), Pivot ½ turn L (2)
3&4 Step R forward (3), Step L beside R (&), Step R forward (4),
5 6 Rock forward on L (5), Recover on to R (6),
7 & 8 Step back on L (7), Step R beside L (&), Step back on L (8),

S7: POINT BACK, TURN ½ RIGHT, STEP ¼ TURN RIGHT, CROSS OVER SIDE, BEHIND SIDE CROSS.

1 2 Point R back making a ½ R (1), Shift weight on to R (2)
3 4 Step L forward (3), making a ¼ turn R, Shift weight on to R (4)
5 6 Cross L over R (5), Step R to R side (6),
7 & 8 Step L behind R (7), Step R to R side (&), Cross L over R (8),

S8: RIGHT SIDE ROCK, BEHIND SIDE CROSS. ROCK RECOVER, COASTER STEP

1 2 Rock R to R side (1), Recover on to L (2),
3 & 4 Step R behind L (3), Step L to L side (&), Cross R over L (4),
5 6 Rock forward on L (5), recover on R (6)
7 & 8 Step back L (7), step R beside L (&), step L forward (8). (Facing slightly L)

No tags, no restarts – Just enjoy and feel good!

