

Livett Up

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Alan "Renegade" Livett (UK)
音乐: Just Get Up and Dance - Afrika Bambaataa



RIGHT KICK BALL CHANGE, STEP HEEL DROP TURN

1&2-3 Right kick ball change, step forward on ball of right foot
&4 Turn ¼ turn to left as you drop heels, right then left

RIGHT KICK BALL CHANGE, STEP HEEL DROP TURN

5&6-7&8 Repeat above

KICK AND TOE, HEEL AND TOUCH

1&2 Kick right foot forward, bring back to home, touch left toe out to left side,
&3&4 Bring back to home, touch right heel forward, bring back to home, touch left toe backwards

¼ TURN TO LEFT, SIDE SWITCHES, MONTEREY TURN

5&6 ¼ turn to left transferring weight onto left leg, bring right foot to home pointing left foot to left side
7 Bring left foot back home, pointing right foot to right side
8 Turn ½ turn to right transferring weight onto right foot

LEFT SHUFFLE, RIGHT PIVOT, RIGHT SHUFFLE, LEFT PIVOT

1&2-3-4 Shuffle forward, left, right, left, step forward on right, pivot ½ turn to left
5&6-7-8 Shuffle forward, right, left, right, step forward on left, pivot ½ turn to right

HEEL CROSS SLIDES, KICK, CROSS, TURN, BODY ROLL

1&2 Touch left heel forward (weight on right), cross left over right, locking calf of left leg against shin of right leg, straighten left leg pushing right leg back as you change weight onto left leg, continuing slide back with right leg
3&4 Repeat starting with right leg
5-6 Kick left leg forward, cross left leg over right
7&8 Turn ½ turn to right and body roll up transferring weight back on to left leg

REPEAT
