

Movin' Up

拍数: 36 墙数: 4 级数: Intermediate
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音乐: Up! - Shania Twain



RIGHT KICK-BALL CHANGE TWICE, ROCK, RECOVER, COASTER STEP

1&2 Kick right forward, step right in place, replace weight on left
3&4 Repeat 1&2
5-6 Rock forward on to right, rock back onto left
7&8 Step back on right, step left next to right, step forward right

WEAVE RIGHT, ROCK, RECOVER, LEFT CHASSÉ ¼ TURN LEFT

9-10 Cross step left over right, step right to side
11-12 Cross step left behind right, step right to side
13-14 Cross rock left over right, rock back on to right
15&16 Step left to side, close right to left, turn ¼ left stepping forward left (now facing 9:00)

FULL TURN LEFT, RIGHT SHUFFLE, FULL TURN RIGHT, LEFT SHUFFLE

All moving forward toward 9:00

17-18 Pivot ½ turn left stepping back right, pivot ½ turn left stepping forward left
19&20 Shuffle forward on right, left, right
21-22 Pivot ½ turn right stepping back left, pivot ½ turn right stepping forward right
23&24 Shuffle forward on left, right, left

Alternative to full turn

21-22 Walk forward left, right

ROCK, RECOVER, SHUFFLE ½ TURN TWICE, ROCK, RECOVER

25-26 Rock forward on right, rock back on left
27&28 Shuffle ½ turn right stepping right, left, right
29&30 Shuffle ½ turn right stepping left, right, left

Steps 27-30 moving back toward 3:00

31-32 Rock back on right, rock forward on left

HEEL SWITCHES AND TOUCH

33& Right heel dig forward, step right in place
34& Left heel dig forward, step left in place
35&36 Right toe touch beside left, clap, clap

REPEAT
