

No Way But Up!

拍数: 32 墙数: 4 级数: Improver
编舞者: Joe Walsh (CAN) & Suzanne Perron (CAN)
音乐: Up! - Shania Twain



KICK/BALL/CHANGE - ½ PIVOT -SHUFFLE - ¼ PIVOT

1&2 Kick right foot forward; step down on ball of right foot, lifting left foot off of floor; replace weight to left foot
3-4 Step right foot forward; pivot ½ turn to the left
5&6 Shuffle forward right-left-right
7-8 Step left foot forward; pivot ¼ turn to the right

JAZZ BOX WITH ROCK - WEAVE

9-10 Step left across over the right; step right foot back
11-12 Step left foot to the left side; rock to the right on right foot
13 Recover weight to the left foot
14 Cross step right foot over the left foot
15-16 Step left foot to the left side; cross step right foot behind left

JUMP APART - JUMP ACROSS - TURN ½ TO LEFT SIDE

17 Jump both feet apart
18 Jump crossing the right foot in front of the left foot
19 Turn ½ turn to the left side
20 Step right foot to the right side
21 Cross step left foot behind the right foot
22 Jump both feet apart
23 Jump crossing the left foot in front of the right foot
24 Turn ½ turn to the right side

RIGHT BACK - LEFT BACK - COASTER STEP - LEFT FORWARD - RIGHT FORWARD - POINT LEFT - LEFT FORWARD

25 Step right foot back
26 Step left foot back
27 Step right foot back
& Step left foot back next to the right foot
28 Step right foot forward
29 Step left foot forward
30 Step right foot forward
31 Step forward pointing left foot to the left side
32 Step left foot forward

REPEAT
