

编舞者: Sho Botham (UK) 音乐: Up! - Shania Twain



STEP HITCH, PLACE AND HIP ACTIONS

1-2 Step right, hitch left

3- Place left foot to left side on ball, with attitude

4- Hip bump left (weight to left)

5-6 Hip right, left (optional: drop heel to floor on same side as hip action)

7&8 Hips right, left, right finish left heel raised and body favoring left diagonal front

SHUFFLE AND TURN, WALKS AND BALL TOUCH FORWARD WITH FINGER CLICK

9&10 Turning left to face ½ turn shuffle forward left-right-left 11-12 Step forward right, pivot half turn left (basketball turn)

13-15 Three walks forward right, left, right

Pick up left and touch forward onto ball of foot (stop), clicking fingers about shoulder/face

height

WALKS BACKWARD AND TOUCH BACK, SIDE TOUCHES, STEP PLACE RIGHT ACROSS

17-19 Three walks backwards left, right, left

20- Touch right behind left (right knee bent) with finger clicks as before

21-22-23 Three touches with right, right to right side, right beside left, right to right side (side, together,

side, weight remains on left)

&24 Step right close to left and place right forward on ball, across right

HEEL DROPS, SINGLES, DOUBLES AND JAZZ BOX COMPLETING 1/2 TURN RIGHT

25-26 Two heel drops left

27-28 Two double (both heels) heel drops starting ½ turn to right*

An alternative to double heel drops is to dance an unwind action

29-32 Jazz box stepping right-left-right-left completing rest of ½ turn right

Last two steps are really walks forward to prepare for start of dance

Counts 27-32 make ½ turn right in total

REPEAT