

# Shania's Up

拍数: 50      墙数: 4      级数: Beginner  
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音乐: Up! - Shania Twain



## ROCK FORWARD, BACK, COASTER STEP TWICE

1-2            Rock forward with right foot crossing in front of left, recover weight to left foot  
3&4           Step back with right foot, left beside right, step forward with right foot  
5-6           Rock forward with left foot crossing in front of right, recover weight to right foot  
7&8           Step back with left foot, right beside left, step forward with left foot

## KICK BALL CROSS, ROCK, SIDE, COASTER CROSS, ROCK, SIDE

9&10          Kick forward with right foot, step right beside left, cross left over right  
11-12         Rock right foot to right side, recover weight to left foot  
13&14         Step right foot back, left beside right, cross right over left  
15-16         Rock left foot to left side, recover weight to right foot

## COASTER CROSS, PIVOT ½ TURN LEFT, PIVOT ¼ TURN LEFT

17&18         Step left foot back, right beside left, cross left foot over right  
19-20         Step forward with right, pivot half turn left (weight on left)  
21-22         Step forward with right, pivot quarter turn left (weight on left)

## VINE RIGHT, VINE LEFT

23-24         Step right to right side, step left behind right  
25-26         Step right to right side, touch left beside right  
27-28         Step left to left side, step right behind left  
29-30         Step left to left side, touch right beside left

## STEPPING BACK WITH CLAPS

31-32         Step back with right foot in right diagonal, touch left beside right and clap your hands  
33-34         Step back with left foot in left diagonal, touch right beside left and clap your hands  
35-36         Step back with right foot in right diagonal, touch left beside right and clap your hands  
37-38         Step back with left foot in left diagonal, touch right beside left and clap your hands

## ROLLING VINE TRAVELING FORWARD

39-40         Step forward with right foot, doing a ½ turn right step left foot back  
41-42         Doing a ½ turn right step right forward (you've done a full turn forward), step left beside right

## TOE STRUTS TRAVELING FORWARD

43-44         Step forward with right toe, drop right heel  
45-46         Step forward with left toe, drop left heel  
47-48         Step forward with right toe, drop right heel  
49-50         Step forward with left toe, drop left heel

## REPEAT

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