

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
