# Step It Up A Gear

| | | |
|---|---|---|
| 拍数: 0 | 墙数: 0 | 级数: |

编舞者: Andy Dixon

音乐: Tragedy - Steps

---

**Sequence: ABC, AB, 9-16 of C, B, 9-16 of C**

## SECTION A
### HITCH, TOUCH, HITCH, TOUCH, HIP BUMPS TWICE
| | |
|---|---|
| &1&2 | Hitch right knee. Touch right toe to right side. Hitch right knee. Touch right toe to right side |
| 3&4 | Bump hips-right, left, right. |
| &5&6 | Hitch left knee. Touch left toe to left side. Hitch left knee. Touch left toe to left side. |
| 7&8 | Bump hips-left, right, left. |

### KICK BALL TOUCH, TOE SWITCHES TWICE
| | |
|---|---|
| 9&10 | Kick right foot forward. Step right in place. Touch left toe to left side. |
| &11 | Step left to center. Touch right toe to right side. |
| &12 | Step right to center. Touch left to left side. |
| 13&14 | Kick left foot forward. Step left in place. Touch right toe to right side. |
| &15 | Step right to center. Touch left to left side |
| &16 | Step left to center. Touch right to right side. |

### RIGHT AND LEFT ROLLING VINES
| | |
|---|---|
| 17-20 | Make a rolling vine to the right. |
| 21-24 | Make a rolling vine to the left. |

### SIDE TOUCHES, CROSS UNWIND, WALKS
| | |
|---|---|
| 25-26 | Touch right toe to right side. Touch right back to center. |
| 27-28 | Touch left toe to left side. Touch right back to center. |
| 29-30 | Cross right over left. Unwind ½ turn to the left. |
| 31-32 | Walk forward-right, left. |
| | |
| 33-64 | Repeat steps 1-32 |

### HEEL BOUNCES
| | |
|---|---|
| 65-70 | Bounce right heel in place 6 times. |

## SECTION B
### HANDS (TRAGEDY)
| | |
|---|---|
| 1-2 | Put your hands up beside your ears |
| 3&4 | Bump hips-right, left, right |
| 5 | Raise your right arm in the air to the right |
| 6 | Raise your left arm in the air to the left |
| 7 | Clasp both hands together on your heart |
| 8 | Stretch both arms out straight in front with you palms up |

### HANDS (TRAGEDY), OUT, OUT, IN, IN
| | |
|---|---|
| 9-12 | Repeat steps 1-4 |
| 13-14 | Step right out to right side. Step left out to left side |
| 15-16 | Step right to center. Step left to center |

### STEP TOGETHER, STEP TOGETHER, STEP TOGETHER, STEP TOGETHER

| 17-18 | Step left to left side. Step right next to left |
| 19-20 | Step left to left side. Step right next to left. |
| 21-22 | Step right to right side. Step left next to right. |
| 23-24 | Step right to right side. Step left next to right. |

## HAND AND ARM MOVEMENTS WITH SHOULDER PUSHES

| 25-26 | Extend right arm forward. Extend left arm forward |
| 27 | Put your hands up beside your ears. |
| & | Swing your right arm out to the right with your left hand on your left hip. |
| 28 | Swing your left arm out to the left with your hand on your right hip |
| 29 | Hold your right arm out with palm facing forward (stopping the traffic) |
| 30-32 | Roll or push your left shoulder forward 3 times making ½ turn left. |

| 33-64 | Repeat steps 1-32 |

## SIDE SHUFFLES WITH ROCKS

| 65&66 | Step right to the side. Close left beside right. Step right to the right side |
| 67-68 | Rock back on left. Rock forward on right. |
| 69&70 | Step left to left side. Close right beside left. Step left to left side. |
| 71-72 | Rock back on right. Rock forward on left. |

| 73-80 | Repeat steps 65-72 |

## HEEL SWITCHES

| 81&82 | Touch right heel forward. Step right to center. Touch left heel forward. |
| &83-84 | Step left to center. Touch right heel forward. Hold. |
| &85 | Step right to center. Touch left heel forward. |
| &86 | Step left to center. Touch right heel forward. |
| &87-88 | Step right to center. Touch left heel forward. Hold. |

## WALKS, RIGHT & LEFT SHUFFLES

| & | Step left to center. |
| 89-92 | Walk forward-right, left, right, right |
| 93&94 | Step right forward. Close left beside right. Step right forward. |
| 95&96 | Step left forward. Close right beside left. Step left forward. |

## STOMPS, SWIVELS, STOMPS, HEEL, TOE, HEEL

| 97-98 | Stomp right forward. Stomp left behind right heel. (3rd position) |
| 99&100 | Swivel heels out. Swivel heels in. Swivel heels out. |
| 101-102 | Stomp right to right side. Stomp left to left side. (shoulder width apart). |
| 103&104 | Swivel heels in. Swivel toes in. Swivel heels in. |

## SECTION C
## SHOULDER PUSHES

| 1-8 | Roll or push shoulders forward making ½ turn left |

## STEP ½ TURN, RIGHT & LEFT SHUFFLES, WALKS

| 9-10 | Step right forward. Pivot ½ turn left. |
| 11&12 | Step forward right. Close left beside right. Step right forward. |
| 13&14 | Step left forward. Close right beside left. Step forward left. |
| 15-16 | Walk forward-right, left. |

| 17-24 | Repeat steps 9-16 |