

# Straighten Up

拍数: 64      墙数: 1      级数: Improver two step  
编舞者: Yvonne Krause (USA)  
音乐: If You Don't Straighten Up - Scooter Lee



## SAILOR STEPS RIGHT AND LEFT, WALK FORWARD

1-2&      Step right foot to right side, cross left behind right, step right to right side  
3-4&      Step left to left side, cross right behind left, step left to left side  
5-6-7-8      Walk forward right, left, right, left

## SAILOR STEPS RIGHT AND LEFT, WALK BACKWARD

1-2&      Step right foot to right side, cross left behind right, step right to right side  
3-4&      Step left to left side, cross right behind left, step left to left side  
5-6-7-8      Walk backwards right, left, right, left

## ROCK RECOVER, CROSS AND CROSS, REPEAT ON LEFT

1-2      Rock to right side, rock onto left in place  
3&4      Cross right foot over left, right ball change, ball change  
5-6      Rock to left side, rock onto right in place  
7&8      Cross left foot over right, left ball change, ball change

## ROCK FORWARD & BACK, SHUFFLE ½ TURN, ROCK FORWARD & BACK, COASTER STEP

1-2      Rock forward on right foot, rock back on left  
3&4      Shuffle on right making ½ turn right, stepping left, right, left  
5-6      Rock forward on left foot, rock back on right  
7&8      Step back left, step right beside left, step forward left

## ROCK RECOVER, CROSS AND CROSS, REPEAT ON LEFT

1-2      Rock to right side, rock onto left in place  
3&4      Cross right foot over left, right ball change, ball change  
5-6      Rock to left side, rock onto right in place  
7&8      Cross left foot over right, left ball change, ball change

## ROCK FORWARD & BACK, SHUFFLE ½ TURN, ROCK FORWARD & BACK, COASTER STEP

1-2      Rock forward on right foot, rock back on left  
3&4      Shuffle on right making ½ turn right, stepping left, right, left  
5-6      Rock forward on left foot, rock back on right  
7&8      Step back left, step right beside left, step forward left

## SHUFFLES, FULL TURN, SHUFFLES, POINT & HOLD

1&2      Step forward on right, close left beside right, step forward right  
3-4      Step on left and swing yourself around onto right foot. (two steps full turn)  
5&6      Step forward on left, close right beside left, step forward left  
7-8      Point right toes to right side and hold

## BACKWARD TRIPLE STEPS (LOCK STEPS)

1&2      Step back right. Lock left across right. Step back right  
3&4      Step back left. Lock right across left. Step back left  
5&6      \*Step back right. Lock left across right. Step back right  
7&8      Step back left. Lock right across left. Step back left

**REPEAT**

**ENDING**

To end the dance you will start the first eight steps over, then the last four steps will be a jazz box  
You can turn this into a two wall dance by turning the triple steps into a shuffle ½ turn on 5&6 then on step  
7&8 just do a shuffle

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