

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
