

# This Way Up

拍数: 64      墙数: 4      级数: Intermediate  
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音乐: The Only Way Is Up - Yazz



## STEP FORWARD, KICK, & JUMP BACK OUT-OUT, CLAP, RIGHT SAILOR STEP, LEFT SAILOR STEP

1-2            Step forward on left, kick right forward  
&3-4          Jump back on right and to right side, step left to left side (feet shoulder width apart), clap  
5&6          Cross right behind left, step left to left side, step right in place  
7&8          Cross left behind right, step right to right side, step left in place

## CROSS, UNWIND THREE QUARTER TURN RIGHT, LEFT SHUFFLE FORWARD, FORWARD ROCK, TRIPLE STEP FULL TURN RIGHT

1-2            Cross right behind left, unwind  $\frac{3}{4}$  turn right, (weight on right)  
3&4          Left shuffle forward stepping left, right, left  
5-6          Rock forward on right, rock back on left, (facing 9:00)  
7&8          Triple step on the spot turning full turn right stepping right, left, right  
Or  
7&8          Triple step in place

## FORWARD ROCK, LEFT SHUFFLE HALF TURN LEFT, STEP, PIVOT HALF TURN LEFT, RIGHT KICK-BALL-STEP FORWARD

1-2            Rock forward on left, rock back on right  
3&4          Left shuffle back turning  $\frac{1}{2}$  turn left stepping left, right, left  
5-6          Step forward on right, pivot  $\frac{1}{2}$  turn left  
7&8          Kick right forward, step ball of right beside left, long step forward on left, (facing 9:00)

## FORWARD ROCK, RIGHT SHUFFLE HALF TURN RIGHT, STEP, PIVOT QUARTER TURN RIGHT, LEFT CROSS SHUFFLE

1-2            Rock forward on right, rock back on left  
3&4          Right shuffle back turning  $\frac{1}{2}$  turn right stepping right, left, right  
5-6          Step forward on left, pivot  $\frac{1}{4}$  turn right  
7&8          Cross step left over right, step right to right side, cross step left over right, (facing 6:00)

## STOMP, HOLD, BEHIND, SIDE, CROSS, STOMP, HOLD, LEFT SAILOR QUARTER TURN LEFT

1-2            Stomp right to right side (raising hands in the air), hold (hands still raised)  
3&4          Cross left behind right, step right to right side, cross step left over right  
5-6          Stomp right to right side, hold and clap  
7&8          Cross left behind right, step right beside left turning  $\frac{1}{4}$  turn left, step slightly forward on left

## STEP DIAGONALLY FORWARD, FLICK, LEFT CROSS SHUFFLE, SIDE, TOGETHER, RIGHT CROSS SHUFFLE

1-2            Step right diagonally forward across left, flick left foot out to left side  
3&4          Cross step left over right, step right to right side, cross step left over right  
5-6          Long step right to right side, slide left beside right and slightly back, (weight on left)  
7&8          Cross step right over left, step left to left side, cross step right over left, (facing 3:00)

## SYNCOPATED VINE QUARTER TURN LEFT, STEP, PIVOT THREE QUARTER TURN LEFT, CHASSE RIGHT, BACK ROCK

1-2            Step left to left side, cross right behind left  
&3-4          Step left  $\frac{1}{4}$  turn left, step forward on right, pivot  $\frac{3}{4}$  turn left, (weight on left)  
5&6          Step right to right side, close left beside right, step right to right side, (facing 3:00)

7-8 Rock back on left, rock forward on right, (restart point on wall 5 ... you will be facing 3:00)

**Restart from here on wall 5**

**2 X WALKS FORWARD, LEFT MAMBO FORWARD, STEP BACK, LOCK, RIGHT COASTER STEP**

1-2 Walk forward on left, walk forward on right

3&4 Rock forward on left, rock back on right, step left beside right

5-6 Step back on right, lock left across right

7&8 Step back on right, step left beside right, step forward on right, (facing 3:00)

**REPEAT**

**TAG**

**At the end of wall 2**

**2 X SKATES FORWARD, LEFT SHUFFLE, STEP, PIVOT HALF TURN LEFT, RIGHT SHUFFLE, (REPEAT)**

1-2 Skate forward on left, skate forward on right

3&4 Left shuffle forward stepping left, right, left

5-6 Step forward on right, pivot  $\frac{1}{2}$  turn left

7&8 Right shuffle forward stepping right, left, right

9-16 Repeat above counts 1-8

**RESTART**

**Restart after count 56 on wall 5**

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