

TJUp

拍数: 32 墙数: 1 级数: Improver
编舞者: Toni Holmes (UK) & Jody Gould
音乐: Up! - Shania Twain



HEEL SWITCHES, TOE TAPS AND STEP AND ROCK

1 Tap right heel forward, close to left
&2 Tap left heel forward, close to right
&3 Tap right heel forward, close to left
&4 Tap left toe back, close to right
&5 Tap right toe back, close to left
&6 Step forward on left
7-8 Rock forward on right, rock back on left

BACK SHUFFLE, ¾ SHUFFLE LEFT, TURNING TOE STRUTS

9&10 Right shuffle back
11&12 Left shuffle back making ¼ turn left
13-14 Cross right toe over left, drop heel
15-16 Step left toe to left side making ¼ turn left, drop heel

TURNING TOE STRUTS, KICK BALL CHANGE, STOMPS

17-18 Cross right toe over left making ¼ turn left, drop heel
19-20 Cross left toe over right, drop heel
21&22 Kick right foot forward, close to left, step left in place
23-24 Stomp right to right side, stomp right to right side

Each time taking the right leg away from the left

KICK BALL CHANGE, STOMPS, SAILORS WITH ¼ TURN

25&26 Kick left leg forward, close to right, step left in place
27-28 Stomp left to left side, stomp left to left side

Each time taking the left leg away from the right

29&30 Right sailor step
31&32 Left sailor step making ¼ turn left

When doing stomps point hand up in the air

REPEAT