

Tore Up

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Leonie Smallwood (AUS)
音乐: Tore Up from the Floor Up - Wade Hayes



KICK, ROCK, ¼ TURNS

1-2-3-4 Kick right forward, kick right forward, step back/rock back onto right, rock forward onto left
5-6-7-8 Step right forward, turn ¼ turn left (wind hips anti to the right till weight is on left) step right forward, turn ¼ turn left (wind hips to the left till weight is on left)

STEP HEEL, STEP TOE, ROLL FORWARD

1-2-3-4 Step right forward, touch left heel forward, step left back, touch right toe back
5-6-7-8 Roll forward full turn right stepping right-left-right, scuff left beside right

STEP, TURN, KNEE POPS

1-2-3-4 Step left forward, hold, turn ¼ turn right on both feet, hold
5-6-7-8 Pop left knee, pop right knee, pop left knee, kick left to left diagonal

CROSS IN FRONT, KICK & TURN, CROSS IN FRONT SCUFF

1-2-3-4 Step left across in front of right, step right to right side, step left across in front of right, turn ½ turn right on left & kick right to right diagonal
5-6-7-8 Step right across in front of left, step left to left side, step right across in front of left, scuff left beside right

& TOUCH, & TOUCH, & TOUCH, POP, & TOUCH

&1-2&3-4 Hop onto left (moving left) touch right beside left, hold, hop onto right (moving right) touch left beside right, hold
&5-6-7-8 Hop onto left (moving left), touch right beside left, change weight to right & pop left knee, hop onto left (moving left) touch right beside left, hold

VINE & TURN

1-2-3-4 Step right to right side, step left across behind right, roll full turn right (moving right) stepping right-left
5-6-7-8 Step right to right side, step left across behind right, turn ¼ turn right & step right forward, turn ½ turn right on right & step left back

HIP BUMPS

1&2-3&4 Step right back to bump hips double right, double left
5-6-7-8 Bump hips right-left-right hold

LOCK STEP & SWEEP IN ½ turn ARC

1-2-3-4 Step left forward left diagonal, lock right behind left, step left forward left diagonal, lock right behind left
5-6-7-8 Step left forward diagonal, sweep right foot to the left (2 count) to face new wall total ½ turn left) touch right beside left

REPEAT

RESTART

On walls 3&6, after double hip bumps (on counts 5,6,7,8) bump hips right-left-right-left, then restart dance.