

Triple Up

拍数: 0 墙数: 2 级数: Intermediate
编舞者: John "Growler" Rowell (UK)
音乐: Up! - Shania Twain



Sequence: (Red) Begin at 8 beats / 11 seconds (Before vocals), then dance AAB, AB, AAA, Tag, B, A, 23 Counts of A

PART A

CROSS, SIDE, SAILOR TURN, RIGHT SHUFFLE, STEP, HALF PIVOT

- 1-2 Cross left over front of right, step right to right. (12:00)
- 3&4 Step left behind right, step right quarter turn left, step left in place (9:00)
- 5&6 Step right forward, step left next to right, step right forward (9:00)
- 7-8 Step left forward, pivot half turn right.(to the right (3:00))

LEFT SHUFFLE, KICK-OUT-OUT, & CROSS, HALF UNWIND, HEEL GRIND, QUARTER TURN

- 1&2 Step left forward, step right next to left, step left forward (3:00)
- 3&4 Kick right forward, step right to side, step left to side (3:00)
- &5-6 Step right next to left, cross left over front of right, unwind half turn right (9:00)
- 7-8 Grind right heel forward, turn quarter right stepping back left (12:00)

BACK ROCK, RECOVER, WALK RIGHT, LEFT. FOUR KNEE POPS

- 1-2 Rock back on right, recover weight to left (12:00)
- 3-4 Walk forward right, walk forward left (12:00)
- 5 Touch right toe slightly behind left popping right knee forward (12:00)
- 6 Drop right heel popping left knee forward and lifting left heel (12:00)
- 7 Drop left heel and pop right knee forward lifting right heel (12:00)
- 8 Drop right heel and pop left knee forward lifting left heel (12:00) (keeping weight forward)

FORWARD ROCK, RECOVER, TURN-TURN-STEP, CROSS, TAP, BEHIND-SIDE-CROSS

- 1-2 Rock forward on right, recover weight to left (12:00)
- 3&4 Step right back turning quarter left, step left quarter turn left, step forward right (6:00)
- 5-6 Step left forward across front of right, tap right toe to right (6:00)
- 7&8 Step right behind left, step left to left, cross right in front of left (6:00)

PART B

ROCK LEFT, RIGHT, FORWARD, STEP BACK, ROCK BACK, STEP FORWARD, STEP, HALF TURN

- 1 Rock left to left, lift left hand up and out to left (12:00)
- 2 Rock right to right, lift right hand up and out to right (12:00)
- 3 Rock forward on left, clap hands above head slightly forward. (12:00)

Hand movements are optional and should "snap" into position

- 4 Step back right (12:00)
- 5-6 Rock back on left, step forward on right (12:00)
- 7-8 Step forward left, pivot half turn left on ball of left stepping back right (6:00)
- 9-16 Repeat counts 1-8
- 17-24 Repeat counts 1-8

LEFT SAILOR, RIGHT SAILOR

- 1&2 Step left behind right, step to right, step left in place (6:00)
- 3&4 Step right behind left, step left to left, step right in place (6:00)

TAG

HIP SWAYS LEFT, RIGHT, LEFT, RIGHT

1-2 Sway hips left, sway hips right (12:00)

3-4 Sway hips left, sway hips right (12:00)

ENDING

Facing front wall: dance up to count 23 (3rd knee pop), then rock right to right, recover on left, cross right over left with a big smile
