

Turn It Up

拍数: 48 墙数: 2 级数: Intermediate
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音乐: Play - Jennifer Lopez



SCUFF, HITCH, STEP, 2X ¼ TURN TWISTS, HEEL TWISTS

1&2 Scuff right foot forward, hitch right knee, step slightly back on right
3-4 Twist heels to left, twist heels to right as you make ¼ turn to right
5-6 Twist heels to left, twist heels to right as you make ¼ turn to right
7&8 Twist heels left, twist heels right, twist heels to center

KICK BALL POINT, ¼ TURN JAZZ BOX, SIDE STEPS WITH TOUCHES (OR BODY ROLLS)

1&2 Kick right foot forward, step right in place, touch left toe out to left side
3&4 Cross left foot over right, step right foot back ¼ turn left, step left to left side
5-6 Step right foot to right side, touch left toe next to right
7-8 Step left foot to left side, touch right toe next to left

On steps 5-8, body rolls can be done as an alternative

HALF TURN WITH TOUCH AND HITCHES, KICK CROSS STEP, HEEL JACK CROSS, HEEL TWISTS OR HEEL BOUNCES ½ TURN

1&2& Touch right toe out to right side, hitch right knee making ¼ turn to left, repeat
3&4 Kick right foot forward, cross step right foot over left, step slightly back on left
&5&6 Step back on right foot, touch left heel forward, step left foot in place, cross right foot over left
7&8 Twist heels right, left, right, (or heel bounces) into ½ turn over left shoulder

CIRCLE KNEE, SIDE STEP KNEES BENT, SHOULDER POPS, ¼ TURN HEEL TWISTS, OUT, OUT, ARMS CROSS, ARMS SPREAD

1-2 Hitch right knee in front of body, circle right leg out to right stepping to side, knees bent
3&4 As you straighten your legs pop left shoulder up, pop right shoulder up, pop left shoulder up
5&6 Twist heels left, right, left as you make ¼ turn to right
&7&8 Step right foot out, step left foot out, cross arms in front of body(shoulder height)spread arms out palms facing back(hip height)

RIGHT SHUFFLE, KICK ½ TURN HITCH, LEFT SHUFFLE, KICK ½ TURN HITCH

1&2 Shuffle forward on right, left, right
3-4 Kick left foot forward, pivot ½ turn right as you hitch left knee
5&6 Shuffle forward on left, right, left
7-8 Kick right foot forward, pivot ½ turn left as you hitch right knee

SIDE STEP, CROSS STEP, TOUCH AND KICK, FULL TURN LEFT, CROSS KICK, TOUCH

1-2 Step right foot to right side, step left foot across in front of right
3&4 Touch right toe behind left foot, & step back on right foot, kick left foot forward(body is angled slightly right)
5&6 Step left foot ¼ turn to left, pivot ½ turn left stepping back on right foot, pivot ¼ turn left, stepping left foot to left side
7-8 Kick right foot across in front of body leaning body slightly back to the right, touch right toe next to left

REPEAT