

Turn It Up!

拍数: 64 墙数: 4 级数:
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音乐: Rock This Country! - Shania Twain



ROCK STEP, KICK BALL POINT, ½ MONTEREY TURN WITH ROCK STEP

1-2 Step right to right side, step left in place
3&4 Kick right forward, step right beside left, touch left to left side
&5 Step left beside right, touch right to right side
6 Pivot ½ turn right on left foot and step right beside left
7-8 Step left to left side, step right in place

CROSS SHUFFLE, ROCK STEP, CROSS SHUFFLE, ½ TURN RIGHT

9&10 Cross left over right, step right to right side, cross left over right
11-12 Step right to right side, step left in place
13&14 Cross right over left, step left to left side, cross right over left
15 Step left to left side
16 On ball of left pivot ½ turn right stepping right to right side

VAUDEVILLE STEP: STEP, CROSS, HOLD, CLAP X 3

17& Cross left over right, step right to right side
18 Touch left heel diagonally forward left
&19-20 Step left to left side, cross right over left, hold and clap
&21-22 Step left to left side, cross right over left, hold and clap
&23-24 Step left to left side, cross right over left, hold and clap
& Step left in place

Claps should be at right shoulder height

PADDLE ¼ TURN, STOMP, SCUFF

25-26 Touch right toe forward, pivot ¼ turn left
27-28 Touch right toe forward, pivot ¼ turn left
29-30 Touch right toe forward, pivot ¼ turn left
31-32 Stomp right in place, scuff left forward

JAZZ BOX WITH ¼ TURN LEFT, ROLLING GRAPEVINE WITH 1 ¼ TURN RIGHT

33-34 Cross left over right, step back right
35-36 Step left ¼ turn left, touch right beside left
37-38 Step right ¼ turn right, step left ½ turn right
39-40 Step right ½ turn right, step left beside right

JUMP APART, FREEZE TOGETHER, HEEL JACK, STOMP, KICK

&41 Step tight to right side, step left to left side

During the above step, bring bands up to the center of your waist, then separate so that they are directly above your feet with your palms facing down i.e. "wait" or "freeze"

42-43 Hold position for two beats
&44 Step left back in place, step right back in place
&45 Step left diagonally hack, touch right heel diagonally forward
&46 Step right back in place, step left beside right
47-48 Stomp right in place, kick right foot forward

RIGHT SHUFFLE BACK, ROCK STEP, LEFT SHUFFLE FORWARD, FULL TURN

49&50 Step back right close left beside right, step hack right

51-52 Rock back on left, rock forward on right
53&54 Step forward left, close right beside left, step forward, left
55 On ball of left pivot ½ turn left and step hack right
56 On ball of right pivot ½ turn left and up forward left

STEP ½ PIVOT, RIGHT SHUFFLE FORWARD, STOMP, BODY ROLL, CLAP

57-58 Step forward right pivot ½ turn left

You should have now turned, in effect, 1 ½ turns left. If you would rather just turn ½ turn, on steps 55 - 56 walk forward 2 steps, right then left, and then you will be really for the ½ turn on steps 57 - 58

59&60 Step forward right, close left beside right, step forward right

The next three counts are a single body roll

61 Stomp forward left bending right knee slightly

62 Push hips up and forward

63 Bring shoulders up

64 Clap

REPEAT
