

Up

拍数: 32 墙数: 4 级数: Improver
编舞者: Dan Pye (USA) & Jan Pye (USA)
音乐: Up! - Shania Twain



1-2-3-4 Right heel forward, to place, left heel forward, to place
5&6-7&8 Two shuffles forward right-left-right, left-right-left

9-10-11-12 Two ¼ turns left using hip rolls: step forward right, turn ¼ left, step right forward, turn ¼ left
13&14& Quick heels: right heel forward, to place, left heel forward, to place
15-16 Walk forward right, left

17&18 Shuffle to right side right-left-right
19-20 Cross rock left behind right, recover on right
21&22 Shuffle to left left-right-left
23-24 Touch right toe back, ¼ turn right transferring weight to right

25-26-27-28 Vine left
29-30-31-32 Vine twirl right, ending with weight on left foot

REPEAT
