

Up For Air

拍数: 64 墙数: 0 级数:
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音乐: That's The Kind Of Love - Mila Mason



- 1-2 Scuff right forward, scuff right back and across left
3-4 Scuff right forward across left, step right beside left
5-6-7&8 Scuff left forward into left hitch, step left-right-left on the spot
- 9-10 Step forward on right, turn ¼ left step left beside right
11-12 Stomp right beside left twice (no weight)
13-16 Repeat steps 1-4
- 17-18-19&20 Repeat steps 5-8
21-24 Repeat steps 9-12
- 25-26 Boogie walk- cross/step right over left, left over right
27-28 Right over left moving forward, kick left forward at 45 degrees right
29-30 Step left back while turning ¼ left, tap right toe behind
31&32 Tap right again while scooting back on left, tap right toe again while scooting back on left
- 33-36 Step forward on right, slide left behind right, step forward on right, touch left beside right
37&38&39-40 Syncopated steps - touch left to left, step left beside right, touch right to right, step right beside left, touch left heel, forward, step left beside right, touch right heel forward
41-42-43&44 Rock forward on right, back on left, coaster step stepping right back, left together, right forward
45-46-47&48 Cross left over right, unwind ¾ turn left, shuffle forward left-right-left
- 49-50-51&52 Step forward on right, ½ pivot turn left, shuffle forward stepping right-left-right
53-56 Jump forward on left at 45 degrees angle left, drag t toe up to left, taking two counts, stomp
57-60 Step right toe to side, drop right heel, step left toe behind right, drop left heel
61-64 Step right toe further over left, drop right heel, step left toe to left, drop left heel

REPEAT

OPTIONAL HAND MOVEMENTS

Steps 25-28

Holding clenched fists in front, waist high, move arms from side to side in twisting motion

Steps 53-56

Lift right arm up in the air and move it down and through in a sweeping motion at the same place as toe drag.
Hands on waist to stomp