

Up From Here

拍数: 32 墙数: 2 级数: Improver
编舞者: Sue Halliday (USA)
音乐: Up! - Shania Twain



½ PIVOT, STOMP, STOMP, APPLEJACKS

1-2 Step forward right foot, turn ½ left (weight on left)
3-4 Stomp forward right foot, stomp left foot next to right
&5 Swing left toe & right heel to left, swing to center
&6 Swing right toe & left heel to right, swing to center
&7&8 Repeat steps &5&6

½ PIVOT, STOMP, STOMP, APPLEJACKS

9-16 Repeat steps 1-8

KICK FORWARD & BACK, STEP, HITCH, SCOOT, STEP, TOUCH

17-18 Kick right foot forward & back from hip
19-20 Step right foot forward, hitch left knee
21-22 Hop forward twice on right foot
23-24 Step left foot forward, touch right foot behind left bending body forward

Option: a step slide can be done on counts 21-22

TURNING SHUFFLES, SHANIA WALKS

In these 2 shuffles, you will turn 1 ½ turns to the right. Allow arms to naturally move up to keep balance

25&26 Turning to the right shuffle right-left-right beginning 1 ½ turn
27&28 Turning to the right shuffle left-right-left completing 1 ½ turn

When walking, sway arms in the air from side to side (like at a concert)

29-30 Walk forward right foot, walk forward left foot (allow hips to move freely)
31-32 Repeat steps 29-30

REPEAT
