

Up 05

拍数: 32 墙数: 4 级数: Improver contra dance
编舞者: Clarisse Voegelé (FR)
音乐: Up! - Shania Twain



TOUCH, KICK, BEHIND, SIDE, CROSS, TWICE

1-2 Touch right beside left, kick diagonally right foot to right
3&4 Step right behind left, step left beside right, step right cross over left
5-6 Touch left beside right, kick diagonally left foot to left
7&8 Step left behind right, step right beside left, step left cross over right

HEEL, TOUCH, CHASSE, TOE, ½ TURN, CHASSE

1-2 Right heel diagonally forward, touch right beside left
3&4 Right side chassé (right, left, right)
5-6 Touch left toe behind right foot, ½ turn over left shoulder
7&8 Right side chassé (right, left, right)

CHARLESTON STEP, VINE ¼ RIGHT

1-2 Step left forward, kick right forward
3-4 Step right back, tap left back
5-6 Step left foot to left side, step right foot behind
7-8 Step left foot ¼ turn to left side, brush right foot

JAZZ BOX, MONTEREY ½

1-2 Cross right foot in front of left, step left foot back
3-4 Step right foot out to side, step left foot before to right
5-6 Touch right toe to right side, pivot ½ turn right on left foot & step right foot together
7-8 Touch left toe to left side, step left foot next to right

REPEAT

Last Update: 14 Jun 2022
