

Up To No Good

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 2 级数: Intermediate
编舞者: Peter Metelnick (UK)
音乐: Down In Mississippi (Up to No Good) - Sugarland



Sequence: AAB&, AAB, A*AB, A*ABB

PART A

LEFT SIDE SHUFFLE, RIGHT ROCK BACK & RECOVER, RIGHT SIDE HOLD, TOGETHER RIGHT SIDE, LEFT CROSS STEP

1&2 Step left to side, step right together, step left to side
3-6 Rock right back, recover weight on left, step right to side, hold
&7-8 Step right to side, cross step left over right

RIGHT SIDE ROCK & RECOVER, WEAWE LEFT INTO ¾ LEFT TURN

1-4 Rock right to side, recover weight on left, cross step right over left, step left to side
5-8 Cross step right behind left, turning ¼ left step left forward, step right forward, pivot ½ left

HEEL SWITCHES WITH 2 ¼ TURNS RIGHT

1&2& Touch right heel forward, step right together, touch left heel forward, turning ¼ right step left together
3-4& Touch right heel forward, hold, step right together
5&6& Touch left heel forward, turning ¼ right step left together, touch right heel forward, step right together
7-8& Touch left heel forward, hold, step left together

RIGHT FORWARD ROCK & RECOVER, ½ RIGHT SHUFFLE, LEFT FORWARD, ¼ RIGHT PIVOT TURN, LEFT KICK BALL CHANGE

1-2 Rock right forward, recover weight on left
3&4 Turning ½ right step right forward, step left together, step right forward
5-6 Step left forward, pivot ¼ right
7&8 Kick left forward, step left together, step right together

PART A*

On the 3rd & 4th times through the dance, you add a 4 count LEFT jazz box cross after the first A. You will be facing the back wall when doing these step both times. Then start A again

1-4 Cross step left over right, step right back, step left to side, cross step right over left)

PART B

LEFT FORWARD ROCK & RECOVER, LEFT SHUFFLE BACK, RIGHT ROCK BACK & RECOVER, RIGHT KICK BALL TOUCH

1-2 Rock left forward, recover weight on right
3&4 Step left back, step right together, step left back
5-6 Rock right back, recover weight on left
7&8 Kick right forward, step right together, touch left to side

HIP BUMPS - LEFT, HOLD, RIGHT, HOLD, LEFT, RIGHT

1-6 Stepping down on left foot bump hips: left, hold, right hold, left, right (weight ends on right)

Finale: on your final b you will get this far. To finish with the music bump hips left & hold

LEFT CROSS ROCK & RECOVER, ¼ LEFT & LEFT FORWARD, RIGHT FORWARD, ½ LEFT PIVOT TURN, ¼ LEFT & RIGHT SIDE, LEFT ROCK BACK & RECOVER

- 1-4 Cross rock left forward, recover weight on right, turning $\frac{1}{4}$ left step left forward, step right forward
- 5-8 Pivot $\frac{1}{2}$ left, turning $\frac{1}{4}$ left step right to side, rock left back, recover weight on right

PART B&

First time through, add the following 8 counts before starting with Part A. This is the only time you do these counts

LEFT SIDE SHUFFLE, RIGHT ROCK BACK & RECOVER, RIGHT SIDE SHUFFLE, LEFT ROCK BACK & RECOVER

- 1&2 Step left to side, step right together, step left to side
- 3-4 Rock right back, recover weight on left
- 5&6 Step right to side, step left together, step right to side
- 7-8 Rock left back, recover weight on right
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