

Up Up Up!

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Up! (Red) - Shania Twain



Start on the word 'be' (13 seconds intro)

POINT BACK, SIDE, CROSSING CHASSE, POINT SIDE, FORWARD, BACK SHUFFLE

1-2 Point right foot back, point right toe to right side
3&4 Cross right over left, step left to left side, cross right over left
5-6 Point left toe to left side, point left toe forward
7&8 Step back on left, close right beside left, step back on left

RIGHT CHASSE, FULL TURN FORWARD, LEFT ROCK, CROSSING SHUFFLE

1&2 Step right to right side, close left beside right, step right to right
3 On ball of right foot make ½ turn right, step back on left
4 On ball of left foot make ½ turn right, step forward on right foot
5-6 Rock left foot to left side, recover weight onto right foot
7&8 Cross left over right, step right to right side, cross left over right

STEP ¼ TURN, SWEEP ½ TURN, FORWARD SHUFFLE, STEP, PIVOT, ROCK, CROSS

1 Step right ¼ turn right
2 Sweep left foot from behind right to in front of right making a further ½ turn right
3&4 Step forward left, close right beside left, step forward left
5-6 Step forward right, pivot ½ turn left
7&8 Rock right to right side, recover onto left, cross right over left

SCUFF, STEP, SCUFF, CROSS, HIP BUMPS ½ TURN

1-2 Scuff left foot forward, step forward left
3-4 Scuff right foot forward, cross right over left foot
5& Bump hips to right making 1/8 turn left, bump hips left
6& Bump hips to right making 1/8 turn left, bump hips left
7& Bump hips to right making 1/8 turn left, bump hips left
8& Bump hips to right making 1/8 turn left, bump hips left

POINT, KICK, COASTER STEP, ¼ CHUGS RIGHT X 4

1-2 Point right toe forward, kick right foot forward
3&4 Step back onto right, close left beside right, step forward on right
5& Hitch left knee making ¼ turn right, touch left toe to left side
6& Hitch left knee making ¼ turn right, touch left toe to left side
7& Hitch left knee making ¼ turn right, touch left toe to left side
8& Hitch left knee making ¼ turn right, touch left toe to left side

POINT, KICK, COASTER STEP, ¼ CHUGS LEFT TWICE, CROSSING CHASSE

1-2 Tap left toe beside right foot, kick left foot forward
3&4 Step back onto left, close right beside left, step forward on left
5& Hitch right knee making ¼ turn left, touch right toe to right side
6& Hitch right knee making ¼ turn left, touch right toe to right side
7&8 Cross right over left, step left to left side, cross right over left

LEFT ROCK, CLOSE, RIGHT ROCK, WALK, STEP ¼ TURN, ROCK BACK

1-2 Rock left to left side, recover weight onto right

& Close left beside right
3-4 Rock right to right side, recover weight onto left
5-6 Walk forward right, make ¼ turn right stepping left to left side
7-8 Rock back on right, recover weight onto left foot

RIGHT CHASSE, KICK BALL POINT, CLOSE, MONTEREY ¼ TURN

1&2 Step right to right side, close left beside right, step right to right side
3&4 Kick left foot forward, step left beside right, point right to right side
& Close right beside left
5-6 Point right to right side, on ball of left make ¼ turn right, stepping right beside left
7-8 Touch left to left side, step left beside right

REPEAT

TAG

On walls 1 and 2 only, complete this tag after section 8 count 2 then restart

1&2 Kick left foot forward, step left beside right, tap right toe beside left foot
