

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Stephen Gell (UK)  
音乐: Up! - Shania Twain



## **RIGHT SHUFFLE, ROCK, ROCK, LEFT COASTER STEP, ROCK, ROCK**

1&2      Step forward right, close left beside right, step forward right  
3-4      Rock forward on left, rock back on right  
5&6      Step back left, step right beside left, step forward left  
7-8      Rock forward on right, rock back on left

## **RIGHT ½ TURN SHUFFLE, ROCK, ROCK, LEFT COASTER STEP, RIGHT SHUFFLE**

1&2      Shuffle right, left, right making ½ turn right (6:00)  
3-4      Rock forward on left, rock back on right  
5&6      Step back left, step right beside left, step forward left  
7&8      Step forward right, close left beside right, step forward right

## **ROCK, ROCK, LEFT COASTER STEP, ROCK, ROCK, RIGHT ¾ TURN SHUFFLE**

1-2      Rock forward on left, rock back on right  
3&4      Step back left, step right beside left, step forward left  
5-6      Rock forward on right, rock back on left  
7&8      Shuffle right, left, right making ¾ turn right (3:00)

## **POINT LEFT CROSS, POINT RIGHT CROSS, BACK SHUFFLE, RIGHT SIDE SHUFFLE**

1-2      Point left toe to left side, cross left over right  
3-4      Point right toe to right side, cross right over left (keep weight on left foot ready to go back)  
5&6      Step back on left, close right foot in front of left, step back left  
7&8      Step right to right side, close left next to right, step right to right side

## **ROCK, ROCK, LEFT SIDE SHUFFLE, ROCK, ROCK, SIDE, HOLD**

1-2      Rock back on left, rock forward on right  
3&4      Step left foot to left side, close right next to left, step left foot to left side  
5-6      Rock back on right, rock forward on left  
7-8      Step right foot to right side, hold

## **½ TURN LEFT, TWICE ¼ MONTEREY TURN RIGHT, STEP, TURN, STEP**

1-2      Make ½ turn left stepping left to left side (9:00), hold  
3-4      Touch right to right side make ¼ turn right closing left next to right (12:00)  
5-6      Touch right to right side make ¼ turn right closing left next to right (3:00)  
7&8      Step forward right make ½ left, step forward right

## **HOLD, STEP, TURN, STEP, HOLD, STEP, TURN, STEP, RIGHT JAZZ BOX, RIGHT SIDE SHUFFLE**

1&2      Hold, step forward left make ½ right, step forward left  
3-4      Step right foot across left, step back on left  
5-6      Step right to right side, step left beside right  
7&8      Step right to right side, close left next to right, step right to right side

## **ROCK, ROCK, STEP, ½ TURN RIGHT, HOLD, ½ TURN RIGHT, ROCK, ROCK**

1-2      Rock back on left, rock forward on right  
3-4      Step left to left side, make ½ turn right stepping right to right side (9:00)  
5-6      Hold, make ½ turn right stepping left to left side (3:00)

7-8

Rock back on right, rock forward on left

**REPEAT**

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