

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
