

Up, Up, Up

COPPER KNOB
BY STEPHEN

拍数: 32

墙数: 1

级数: Intermediate/Advanced east coast
swing

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音乐: Up! - Shania Twain



Sequence: AB, AB, A to the end

APPLE JACKS, STEP ¼ TURN RIGHT, PIVOT ¾ TO RIGHT, TRIPLE TO LEFT SIDE WITH SLIDE

- 1&2&3& Apple jacks starting to the left
4 Right foot steps ¼ turn right, planting weight on right foot
5-6 Step left foot forward, pivot ¾ to right, (now facing back to original wall.)
7&-8& Side triple, left-right-left, on count #8, slide left foot to left and drag right foot next to left

SHOULDER POPS, CROSS ROCK RIGHT, TRIPLE BACK

- 1-2-3&4 Pop left-shoulder up, then right-shoulder up and left shoulder down, then left, right, left
Alternate the up & down shoulders ending with your weight on the left foot
5-6 Cross right foot over left, recover weight on left foot
7&8 Triple step back, right-left-right (end with weight on right foot)

TOE POINTS AND SWITCHES, CROSS ROCK RIGHT, TRIPLE TO THE RIGHT WITH ¼ TURN RIGHT

- 1&2 Point left-toe to left side, bring left-toe back to center and point right-toe to right side
&3 On the "and" count, bring right-toe back to center, and point left-toe to left side
4 Step left toe back to center taking weight on left foot
5-6 Cross right foot over left, recover weight onto left foot
7&8 Side shuffle, right, left, right, making ¼ turn right, planting weight on right foot

RONDE WITH LEFT LEG TURNING RIGHT ¾ TURN, FEET APART, HEEL TAPS

- 1-2-3-4 Sweep left leg around in front of right making a ¾ turn
&-5 Step right foot to right, step left foot to left (out-out)
6-7-8 Tap heels to floor on each count, keeping heels on floor on count #8

REPEAT

TAG

At the end of walls 1 & 2

CROSS ROCK RIGHT, TRIPLE TO THE RIGHT WITH ¼ TURN RIGHT, STEP PIVOT ¾ RIGHT, TRIPLE TO LEFT

- 1-2 Cross right foot over left, recover weight on left foot
3&-4 Side shuffle, right, left, right, making ¼ turn right, planting weight on right foot
5-6 Step left foot forward, pivot ¾ to right, (back to original wall)
7&-8 Triple step to the left, left-right-left, (weight now on left)

JAZZ BOX IN PLACE TWO TIMES

- 1-2 Step right foot across in front of left foot, step left foot back
3-4 Step right foot back and to the right, step left foot next to right (weight now on left)
5-6 Step right foot in across in front of left foot, step left foot back
7-8 Step right foot back and to the right, step left foot next to right (weight now on left)

HIP BUMPS MOVING FORWARD, STEP PIVOT ½ LEFT TWO TIMES

- 1-2-3-4 Two hip bumps to the right, then two hip bumps to left (moving slightly forward with each)
5-6-7-8 Step right foot forward and pivot ½ left, step right foot forward and pivot ½ left again

CROSS ROCK RIGHT OVER LEFT, STEP RIGHT AND HOLD

1-2 Cross right foot over left, recover weight on left foot

3-4 Step right foot to right side and hold on count 4
