

Going Up

拍数: 32 墙数: 4 级数: Beginner
编舞者: Audrey Watson (SCO)
音乐: Spirit In the Sky - Gareth Gates



TOUCH HITCH TWICE, GRAPEVINE RIGHT ¼ TURN RIGHT

1-2 Touch right to right/side, hitch right to left knee
3-4 Touch right to right/side, hitch right to left knee
5-6 Step right to right/side, step left behind right
7-8 Step right to right/side, on ball of right turn ¼ turn right hitching left knee

TOUCH HITCH TWICE, GRAPEVINE LEFT ¼ TURN RIGHT

1-2 Touch left toe to left/side, hitch left to right knee
3-4 Touch left toe to left/side, hitch left to right knee
5-6 Step left to left/side, step right behind left
7-8 Step left to left/side, on ball of left turn ¼ turn right hitching right knee

BACK ROCK SHUFFLE FORWARD, STEP 1/8 TURN TWICE

1-2 Rock back on right, recover on left
3&4 Shuffle forward on right, left, right
5-6 Step forward on left, pivot 1/8 turn right
7-8 Step forward on left, pivot 1/8 turn right

TOUCH FRONT, SIDE, FRONT, HITCH, SHUFFLE FORWARD, FORWARD ROCK

1-2 Touch left toe front, touch left toe to left/side
3-4 Touch left toe to front, hitch left foot to right knee
5&6 Shuffle forward on left, right, left
7-8 Rock forward on right, recover on left

REPEAT
