

Can Only Go Up

COPPER STEPSHEETS **KNOB**

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



SCUFF RIGHT, STEP RIGHT, STEP LEFT, STEP RIGHT OVER, SHUFFLE LEFT SIDE, ROCK RIGHT

1-4 Scuff right beside left, step right to right side, step left in place, step right over in front of left
5&6 Shuffle left-right-left to left side
7-8 Step right over in front of left, rock back onto left

SHUFFLE RIGHT SIDE, ¼ TURN, ROCK, LEFT COASTER, RIGHT KICK BALL

1&2 Shuffle right-left-right to right side turning ¼ turn right
3-4 Step forward left, rock back onto right
5&6 Coaster step left (step left back, right together, step left forward)
7&8 Right kick ball change (kick right foot, step right beside left, step left beside right)

½ PIVOT, FREEZE RIGHT, DODGE STEP, STEP LEFT SIDE, STEP RIGHT BEHIND

1-2 Step forward right, pivot ½ left
3-4 Step right to right side, step left behind right
&5-6 Step right to right side, step left to left side, step right over in front of left
7-8 Step left to left side, step right behind left

DODGE STEP, SAMBA RIGHT, SAMBA LEFT, RIGHT KICK BALL

&1-2 Step left to left side, step right to right side, step left over in front of right
3&4 Right samba cross (step right to right side, replace weight onto left, step right over left)
5&6 Left samba cross (step left to left side, replace weight onto right, step left over right)
7&8 Right kick ball change (see above)

½ PIVOT, SHUFFLE RIGHT, ROCK LEFT, FULL TURN TRIPLE STEP

1-2 Step forward right, pivot ½ turn left
3&4 Shuffle forward right-left-right
5-6 Step left forward, rock back onto right
7&8 Stepping left-right-left turn a full turn left

Optional: triple step on spot left-right-left

ROCK RIGHT, 1½ TURN RIGHT SHUFFLE, ROCK LEFT, COASTER STEP LEFT

1-2 Step right forward, rock back onto left
3&4 Turning 1 ½ turn right, shuffle right-left-right

Optional: ½ turn right, shuffling right-left-right

5-6 Step forward left, rock back right
7&8 Coaster step left (see above)

½ PIVOT, WEAVE TO THE LEFT, TOUCH LEFT SIDE. WEAVE RIGHT, TOUCH RIGHT SIDE, TOUCHES, UNWIND, STEP LEFT

1-2 Step forward right, pivot ½ turn left
3-6 Step right over left, step left to left side, step right behind left, touch left toe to left side
7-8 Step left over right, step right to right side

1-4 Step left behind right, touch right toe to right side, step right over in front of left, touch left toe to left side

5-8 Step left behind right, touch right toe behind, unwind ½ turn right, taking weight onto right.
Step forward slightly left

REPEAT
