

Up In Smoke

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Sadiyah Heggernes (NOR/UK) - September 2009
音乐: Dame Fuego - Batuka : (CD: Cardiofit)



Music Suggestion: 'But For The Grace of God', Keith Urban (104 bpm)

32 Count Intro – start on main vocals

Section 1: Bump & Touch, Together, Lock Step, Side, Close, ¼ Turn Shuffle Forward

1&2 Touch right toes to side bumping hips right-left-right
3 Step right beside left
4&5 Step forward on left. Lock right behind left. Step forward on left
6& Small step on right to side. Close left beside right
7&8 ¼ turn right step forward right. Close left beside right. Step forward right 3:00

Section 2: Mambo ¼ Turn, Side, Cross Shuffle, Touch, Kick Ball Point

1&2 Rock forward on left. Recover weight onto right. Step back on left
3 ¼ turn right step right to side 6:00
4&5 Cross left over right. Step right to side. Cross left over right
6 Touch right to side
7&8 Kick right forward. Step left beside right. Point left to side

Section 3: Sailor Sweep ½ turn with cross, Side, Coaster Step, Step, Full Turn,

1&2 ½ turn left sweeping left out & behind right. Step right to side. Cross left over right 12:00
3 Step right to side
4&5 Step back on left. Step right beside left. Step forward on left
6 Step forward on right
7-8 ½ turn right step back on left. ½ turn right step forward right

Option: Replace steps 7-8 with walks forward left-right

Section 4: Mambo ¼ Turn, Together, Rumba Box, Step

1&2 Rock forward on left. Rock back on right making ¼ turn left step left to side 9:00
3 Step right beside left
4&5 Step left to side. Close right beside left. Step forward on left
6&7 Step right to side. Close left beside right. Step back on right
8 Step back on left

Ending. You will start last wall at 3:00. Dance first 16 counts then ¼ turn right, Step left to side (12:00) & throw arms in the air!