

Up Up Up

拍数: 64 墙数: 2 级数: Intermediate
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音乐: The Sky's the Limit - Jason Derulo



Start after 32 count intro

(1-8) L Cross Step, Hold, R Ball Cross 2X, R Side Rock & Recover, R Behind-1/4 L-Fwd

1-2 Cross step L over R, hold
&3&4 Step R side, cross step L over R, step R side, cross step L over R
5-6 Rock R side, recover weight on L
7&8 Cross step R behind L, turning ¼ left step L forward, step R forward (9 o'clock)

(9-16) L Fwd, Hold, L Ball Step Fwd 2X, R Fwd Rock & Recover, R Coaster

1-2 Step L forward, hold
&3&4 Step R together, step L forward, step R together, step L forward
5-6 Rock R forward, recover weight on L
7&8 Step R back, step L together, step R forward

(17-24) A Lot Of Syncopation: L Step Touch & Heel Ball Step, L Touch Ball Heel & Together, L & R Side Switches

1-2 Step L forward, touch R together
&3&4 Step R back, touch L heel forward, step L back, step R forward
5&6& Touch L together, step L back, touch R heel forward, step R together
7&8 Touch L side, step L together, touch R side

(25-32) R Tog, L Back Touch & Unwind ½ L, R Fwd Shuffle, L Fwd, ¼ R Pivot, L Cross Shuffle

&1-2 Step R together, touch L back, unwind ½ left stepping on L (3 o'clock)
3&4 Step R forward, step L together, step R forward
5-6 Step L forward, pivot ¼ right (6 o'clock)
7&8 Cross step L over R, step R side, cross step L over R

(33-40) R Chasse, L Back Rock & Recover, L Side, R Touch, R Ball Cross ¼ L

1&2 Step R side, step L together, step R side
3-4 Rock L back, recover weight on R
5-6 Step L side, touch R together
&7-8 Step R back, cross step L over R, turning ¼ left step R back (3 o'clock)

(41-48) ¼ L & L Chasse, R Back Rock & Recover, R Side, L Touch, L Ball Cross ¼ R

1&2 Turning ¼ left step L side, step R together, step L side (12 o'clock)
3-4 Rock R back, recover weight on L
5-6 Step R side, touch L together
&7-8 Step L side, cross step R over, turning ¼ right step L back (3 o'clock)

(49-56) R Back Rock & Recover, L Fwd Full Turn, R Heel Fwd, Hold, ¼ L & L Heel Fwd, L Together, R Toes Touch Together

1-2 Rock R back, recover weight on L
3-4 Walk forward R, L (3 o'clock)
Turning option: Turning ½ left step R back, turning ½ left step L forward
5-6 Touch R heel forward, hold
&7 Turning ¼ left step R together, touch L heel forward (12 o'clock)
&8 Step L together, touch R toes together

(57-64) ¼ L & L Heel Fwd, Hold, L Together, R Fwd Rock & Recover, ½ R Fwd Shuffle, L Fwd, ¼ R Pivot Turn

&1-2 Turning ¼ left step R back, touch L heel forward, hold (9 o'clock)

&3-4 Step L together, rock R forward, recover weight on L

5&6 Turning ½ right step R forward, step L together, step R forward (3 o'clock)

7-8 Step L forward, pivot ¼ right (6 o'clock)

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