

Step Up

拍数: 32 墙数: 4 级数: Beginner
编舞者: Karl-Harry Winson (UK) - October 2010
音乐: 369 (feat. B.o.B.) - Cupid : (CD: Step Up 2, The Streets - Original Motion Picture)



Intro: 32 Count.....(BPM: 164).....

Step (Claps) X2. Runs forward (Hold).

- 1 – 2 Step Out & forward on Right. Clap hands in the air slightly to the Right.
- 3 – 4 Step Out & forward on Left. Clap hands in the air slightly to the Left.
- 5 – 8 Small runs forward stepping: Right, Left, Right. (Hold)

(These runs involve dipping down. The best way to describe it is as if you are walking down the stairs)

Left Jazz box (with holds).

- 1 – 2 Cross Left over Right. (Hold).
- 3 – 4 Step back on Right. (Hold).
- 5 – 6 Step Left to Left side. (Hold).
- 7 – 8 Touch Right toe beside Left. (Hold).

Grapevine Right. 1/4 Grapevine Left.

- 1 – 2 Step Right to Right side. Cross Left behind Right.
- 3 – 4 Step Right to Right side. Touch Left beside Right.
- 5 – 6 Make 1/4 turn Left stepping Left out to Left side. Cross Right behind Left.
- 7 – 8 Step Left to Left side. Touch Right beside Left.

Funky Toe Touches X4.

- 1 – 2 Touch Right toe forward. Step Right beside Left.
- 3 – 4 Touch Left toe forward. Step Left beside Right.
- 5 – 6 Touch Right toe forward. Step Right beside Left.
- 7 – 8 Touch Left toe forward. Step Left beside Right.

(Make these toe touches as funky as you like)

Enjoy!

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