

# Look It Up

拍数: 32      墙数: 2      级数: Beginner / Improver  
编舞者: Tony Myers (UK) - March 2011  
音乐: Look It Up - Ashton Shepherd : (Album: Greatest Hits)



## 16 count intro

### R Shuffle: Step Turn Step: Side Shuffle: Forward Mambo

1&2      Step forward right (1) Step left with right (&) Step forward right (2)  
3&4      Step forward left (3) Pivot ½ turn right (&) Step forward on left (4) (\*\*)  
5&6      Step right to side (5) Step left next to right (&) Step right to side (6)  
7&8      Rock forward on left (7) Recover on right (&) Step back on left (8) (6:00)

### Cross Shuffle: Side Together Cross: Side Touch: Sailor Turn

1&2      Cross right over left (1) Step left to side (&) Cross right over left (2)  
3&4      Step left to side (3) Step right next to left (&) Cross left over right (4)  
5,6      Step right to side (5) Touch left to right instep (6)  
7&8      Step left behind right (7) Turn ¼ left step back on right (&) Step forward left (8) (3:00)

### Kick Ball Step: Kick Ball Step: Side Behind: & Cross Side

1&2      Kick right forward (1) Step down on right (&) Step forward on left (2)  
3&4      Kick right forward (3) Step down on right (&) Step forward on left (4)  
5,6      Step right to side (5) Step left behind right (6)  
&7,8      Step right with left (&) Cross left over right (7) Step right to side (8)

### Toe Strut, Cross Strut: ¼ shuffles back: Rock back, Recover: Heel & Heel

&1&2      Touch left toes to side (&) Step on left (1) Touch right toes across left (&) Step on right (2)  
3&4      Turn ¼ right stepping back on left (3) Step right with left (&) Step back on left (4) (6:00) (\*)  
5, 6      Rock back on right (5) Recover on left (6)  
7&8&      Dig right heel forward (7) Step right next to left (&) Dig left heel forward (8) Step left next to right(&)

### Restarts:-

- \* 1st restart on wall 3 after count 28 ( ¼ shuffle back) facing back Start from beginning
- \*\* 2nd restart on wall 6 after count 4 (step turn step) facing front Start from beginning