Making Your Mind Up



拍数:84

墙数: 2

级数: Phrased Improver

编舞者: Kim Lillskog (SWE) & Ida Wahlström (SWE) - April 2011

音乐: Making Your Mind Up - Bucks Fizz : (CD: The Best Of Bucks Fizz)

Part A: 48 counts. Part B: 36 counts - Sequence: A A B A B A B A A Ending

Part A:

Section 1 Step lock step, Scuff X2

- 1-2-3-4 Step right forward towards right diagonal, Lock left behind right, Step right forward towards right diagonal, Scuff left next to right
- 5-6-7-8 Step left forward towards left diagonal, Lock right behind left, Step left forward towards left diagonal, Scuff right next to left

Section 2 Rock forward, Side Rock, Knee pops

- 1-2-3-4 Rock right forward, Recover onto left, Rock right to right side, Recover onto left
- 5-6-7-8 Pop right knee in, Hold, Recover weight to left and pop left knee in, Hold

Section 3 Grapevine left Scuff, Grapevine right with ¼ turn right Scuff

- 1-2-3-4 Step left to left side, Cross right behind left, Step left to left side, Scuff right next to left
- 5-6-7-8 Step right to right side, Cross left behind right, ¼ turn right stepping right forward, Scuff left next to right

Section 4 Rock forward, Side Rock, Knee pops

- 1-2-3-4 Rock forward on left, Recover on to right, Rock left to left side, Recover onto right
- 5-6-7-8 Pop left knee in, Hold, Recover weight onto left and pop right knee in, Hold

Section 5 Grapevine right with 1/4 turn right Scuff, Pose!

- 1-2-3-4 Step right to right side, Cross left behind right, ¼ turn right stepping right forward, Scuff left next to right
- 5-6-7-8 Stomp left forward and strike a pose! Hold for 6-7-8

Section 6 Jazz box with holds

- 1-2-3-4 Cross right in front of left, Hold, Step back on left, Hold
- 5-6-7-8 Step right to right side, Hold, Step forward on left, Hold

Part B

Section 1 Grapevine right, Grapevine left with ¼ turn left

1-2-3-4Step right to right side, Cross left behind right, Step right to right side, Touch left next to right5-6-7-8Step left to left side, Cross right behind left, ¼ turn left stepping left forward, Touch right next
to left

Section 2 Grapevine right, Grapevine left with 1/4 turn left

1-8 Repeat Section 1

Section 3 Grapevine right, Grapevine left with ¼ turn left

1-8 Repeat Section 1

Section 4 Grapevine right, Weave to the left

1-2-3-4Step right to right side, Cross left behind right, Step right to right side, Touch left next to right5-6-7-8Step left to left side, Cross right behind left, Step left to left side, Cross right over left

Section 5 Weave with 1/4 turn left



1-2-3-4 Step left to left side, Cross right behind left, ¼ turn left stepping forward on left, Touch right next to left

Ending: Dance Part A until Section 3, count 7 – Strike a pose!

Have fun and add your own moves!!