

Making Your Mind Up

拍数: 84 墙数: 2 级数: Phrased Improver
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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 ¼ 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

1-2-3-4 Step right to right side, Cross left behind right, Step right to right side, Touch left next to right
5-6-7-8 Step 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 ¼ 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

1-2-3-4 Step right to right side, Cross left behind right, Step right to right side, Touch left next to right
5-6-7-8 Step left to left side, Cross right behind left, Step left to left side, Cross right over left

Section 5 Weave with ¼ 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!!
