

Up to The Bigs

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Mark S. Oliver - February 2012
音乐: I'm Shipping up to Boston - Dropkick Murphys & The Boston Pops Orchestra :
(Album: The Red Sox)



Sequence: A,A,B,A,A,B,A,A,B,A

Dance begins of first beat of music approximately 3 seconds from beginning of track

A – 32 counts

Rock Forward, Recover, Coaster Step, Triple Step Forward, Pivot ½

1,2 Rock fwd on R, Recover on L
3&4 Step back on R, Step L to Right, Step fwd on Right
5&6 Step fwd on L, Step R together, Step fwd on L
7,8 Step fwd on R, pivot ½ L stepping fwd on L (6:00)

Rock Forward, Recover, Coaster Step, Triple Step Forward, Pivot ¼

1,2 Rock fwd on R, Recover on L
3&4 Step back on R, Step L to Right, Step fwd on Right
5&6 Step fwd on L, Step R together, Step fwd on L
7,8 Step fwd on R, pivot ¼ turn left stepping on Left (3:00)

Weave Left, Rock Left, Recover w/ ¼ Turn R, Triple ½

1,2 Cross R over L, Step L to Left
3&4 Cross R behind L, Step L to Left, Cross R over L
5,6 Rock L to Left, Recover to R while turning ¼ turn to Right (6:00)
7&8 Turn ½ to Right stepping L,R,L moving back slightly (12:00)

Rock Back, Recover, Kick, Kick, Sailor, Sailor ¼ Turn

1-2 Rock back on R, Recover on L
3-4 Kick R fwd twice
5&6 Step R behind L, Step L to Left, Step R to Right,
7&8 Step L behind R, Step R to Right, Step L to Left while turning ¼ to Left (9:00)

B – 32 counts

Pivot ¼ Left, Cross, Side, Behind, Side, Cross, Rock Left Recover, Rock Back Recover (6:00)

1,2 Step R fwd, Pivot ¼ turn Left stepping on Left (3:00)
3,4 Cross R over L, Step L to Left
5&6 Step R Behind Left, Step L Left, Cross R Over Left
&7&8 Rock L to Left, Recover to R, Rock L Back, Recover to R

Rock, Recover, ¼ Turn, Touch, Point & Point & Point, Hitch, Cross

1,2 Rock fwd on Left, Recover on R
3,4 Pivot ¼ Turn Left Stepping on Left, Touch R next to L (12:00)
5&6&7&8 Point R slightly fwd, Step R next to L, Point L slightly fwd, Step L Next to R, Point R slightly fwd, Hitch Right knee, Step R across L (close to L)

(Keep L foot moving into count 5)

Unwind ½, Step, Draw, Triple Fwd, Triple ½ Turn

1,2 Unwind ½ turn Left taking weight to L foot (6:00)
3,4 Big Step fwd on R, Draw L to R (no weight on L)(Keep L foot moving into count 5)
5&6 Step fwd on L, Step R Next to L, Step fwd on L
7&8 Turn ½ to Left stepping R, L, R (12:00)

Rock, Recover, Kick, Kick, Paddle ½ Turn, Step

1,2 Rock back on L, Recover on R
3,4 Kick L forward across body, Kick L forward across body
5&6&7& Paddle ½ Turn to Right stepping L,R,L,R,L,R
8 Step L fwd (6:00)

Ending

Dance part A through 28 counts. Stay with the beat doing the two sailor steps as music slows. As crescendo starts, step R to Right and cross Left foot over Right and count 4 counts. Unwind Right over 6 counts to face 12:00 slowly raising arms up to finish at front.
