

Anyway But Up

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate / Advanced
编舞者: Debbie Gwartney (USA) - July 2012
音乐: Up! - Shania Twain : (Album: Up)



WALK FORWARD RIGHT, LEFT, RIGHT PROMENADE, AND THEN WALK LEFT, RIGHT, LEFT PROMENADE

1,2 Walk forward right then left
3&4 Right promenade
5,6 Walk forward left then right
7&8 Left Promenade

ROCK FORWARD R, RECOVER, COASTER STEP, STEP FORWARD L WITH A ½ TURN R, & R PROMENADE

9,10 Rock forward on R foot, recover on L foot
11&12 Step R back, L together, & R forward
13,14 Step forward on L & pivot ½ turn to R, step forward on R
15&16 L promenade forward

STEP R OUT TO SIDE, L IN PLACE & CROSS R OVER L, STEP L OUT TO SIDE R IN PLACE, & CROSS L OVER R, AND THEN REPEAT EACH STEP AGAIN

17&18 Step R out to the side, step L in place, & cross R over L
19&20 Step L out to the side, step R in place, & cross L over R
21&22 Step R out to the side, step L in place, & cross R over L
23&24 Step L out to the side, step R in place, & cross L over R

SYNCOATED WEAVE TO THE RIGHT, AND THEN ROCK STEP AND RECOVER

25,26&27 Step R, step L behind, step R beside L, and then cross L over R
28,29&30 Step R, step L behind, step R beside L, and then cross L over R
31,32 Rock R out to side & recover L in place

CROSS SHUFFLE, SIDE SHUFFLE, CROSS SHUFFLE, AND THEN A ROCK STEP AND RECOVER, WITH ¼ TURN

33&34 Cross R over L, L to R side of R, step R to L (wee-wee step)
35&36 Step L to L, R beside L, and L to L
37&38 Cross R over L, L to R side of R, step R to L (wee-wee step)
39,40 Rock L out to L side, and recover on R in place with a ¼ turn to L

L PROMENADE WITH ½ TURN , R PROMENADE, STEP L PIVOT ½ TURN, STEP R, AND L PROMENADE

41&42 L promenade with a ½ turn to the L
43&44 R promenade forward
45,46 Step forward L & pivot ½ turn to R, step forward R
47&48 L Promenade forward

End of dance, Start over

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