

Make It Up

拍数: 96 墙数: 2 级数: Phrased Advanced
编舞者: Lisa Waters (UK) - August 2012
音乐: Make It Up As We Go - Jason Derulo



Start after 16 counts - Sequence – A,A,B,A (1st Restart), A,A,B,A (2nd Restart), C,C,B

Part A - 32 counts

A1: Kick ¼ Rock, Left Samba, Right Samba, Sailor ¼ Turn

- 1&2& Kick Right foot forward, Step Right next to Left, Rock back on Left, Recover weight to Right foot turning ¼ left (9:00)
- 3&4 Cross Left over Right, Step Right to right side, Step Left next to Right
- 5&6 Cross Right over Left, Step Left to left side, Step Right next to left
- 7&8 Cross Left behind Right, Step right to right side making a ¼ turn right (12:00), Step Left next to Right

A2: Bounce back, Coaster, Kick Ball Change

- 1,2 Step back on Right bouncing down and up x2
- 3,4 Step back on Left bouncing down and up x2
- 5&6 Step back on Right, step Left next to Right, step forward on Right
- 7&8 Kick Left foot forward, Step Left next to Right, Step Right forward

A3: Hitch ¼ Turn, Monterey ½ Turn Sweep, Cross Shuffle, ¼ Turn, Out

- 1&2 Hitch left knee up, Turn ¼ turn left stepping Left foot down (9:00), Point Right to right side
- 3,4 Make ½ turn right stepping Right next to left (3:00), Sweep Left round from back to front
- 5&6 Cross Left over Right, Step Right to right side, Cross Left over Right
- 7,8 Make ¼ turn right stepping Right to right side (6:00), Step Left out to left side (Feet shoulder width apart)

A4: Shoulder Pops, Cross Unwind, Heel Jack

- 1-4 Pop right shoulder to right, Pop left shoulder to left, Pop right shoulder to right, Pop left shoulder to left (Make sure weight is on left foot)
- 5,6 Cross Right over Left, Unwind a full turn over the left shoulder ending with weight on Right
- 8&7&8 Step Left diagonally back, Touch Right heel diagonally forward, Step Right into centre, Step Left next to Right

Part B - 48 counts

B1: Step, Drag, Toe Switches, Turn And Point, Triple Turn

- 1,2 Take a large step forward on the Right, Drag Left and step next to Right
- 3&4 Touch Right toe to right side, Step Right next to Left, Touch Left toe to left side
- 5,6 Make a ½ turn left stepping down on Left (6:00), Touch Right toe to Right side preparing to turn
- 7&8 Make a ¼ turn right stepping forward on Right, Make a ½ turn right stepping back on Left, make a ½ turn right stepping forward on Right (9:00)

B2: Kick And Cross, Side, Together x2

- 1&2 Kick Left foot forward, Step down on Left, Cross Right over Left
- 3,4 Step Left to left side, Drag Right next to Left and touch
- 5&6 Kick Right foot forward, Step down on Right, Cross Left over Right
- 7,8 Step Right to right side, Drag Left next to Right and touch

Optional – Instead of stepping to the side a body roll to the side can be performed

B3: Back Lock Steps, Arm Movements, ¼ Turn, Ball Step, Step

- 1&2& Step back on Left, Cross Right over left, Step back on Left, Step back on Right
 3&4 Cross Left over Right, Step back on Right, Touch Left back
 5&6& Bring left arm up to shoulder height with elbow bent at 90o and palm facing the floor, Bring the right hand up and grab the left wrist, Pull the body round ¼ turn left transferring weight onto Left foot (6:00), Step Right next to Left
 7,8 Step forward on Left, Step forward on Right

B4: ½ Turn, Step, 1 ½ Turn, Sweep, Rock Recover Side, ¼ Sailor Turn

- &1 Make ½ turn left stepping weight onto Left foot (12:00), Step forward on Right
 2,3,4 Make ½ turn right stepping back on Left, Make ½ turn right stepping forward on Right, Make ½ turn right stepping back on Left sweeping Right foot from front to back (6:00)
 5&6 Rock back on Right, Recover weight onto Left, Step Right to right side
 7&8 Cross Left behind Right, Make ¼ turn right stepping slightly forward on Right foot (9:00), Step Left to left side (Feet shoulder width apart)

B5: Hip Sways, Sailor ½ Turn, Hip Sways, Arm Movements

- 1,2 Step Right to right side swaying hips right, Step Left to left side swaying hips left
 3&4 Cross Right behind Left, Make ¼ turn left stepping slightly forward on Left, Make ¼ turn left stepping Right to right side (3:00)(Feet shoulder width apart)
 5,6 Step Left to left side swaying hips left, Step Right to right side swaying hips right
 7&8 Bring right hand up to shoulder height with fingers pointing to the ceiling, Bring left hand to right hand linking fingers together, Bring joined hands down to waist height with palms facing the floor.

B6: Arm Movements, Knee Pop, ¼ Turn, Heel Bounce ½ Turn

- 1,2 Bring linked arms up and over the head
 3&4 Pop right knee in, Pop right knee out, Make ¼ turn right stepping Left next to Right (6:00)
 5-8 Step forward on Right, Make a ½ turn left bouncing heels on 6,7,8 ending with weight on Left (12:00)

Part C - 16 counts

C1: Step Lock Step, Rock, Recover, Step Lock Step, Rock, Recover

- 1&2 Step Right forward, Lock Left behind Right, Step Right forward
 3,4 Rock forward onto Left, Recover weight to Right
 5&6 Step Left forward, Lock Right behind Left, Step Left forward
 7,8 Rock forward onto Right, Recover weight to Left

C2: Back Locks, 1 ½ Turn

- 1&2 Step back on Right, Cross Left over Right, Step back on Right
 3&4 Step back on Left, Cross Right over Left, Step back on Left
 5-8 Step back on Right, Make ½ turn left stepping forward on Left, Make ½ turn left stepping back on Right, Make ½ turn left stepping forward on Left (6:00)

Sequence – A,A,B,A (1st Restart), A,A,B,A (2nd Restart), C,C,B

1st Restart – Dance A up to count 18

- 19 - Make a ¼ turn right stepping the right foot down (12:00)
 20 - Step the left foot next to the right and start part A from the beginning.

2nd restart – Dance A up to count 16

- & - Step the left foot next to the right then go into part C.
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