

Uptight

拍数: 64 墙数: 4 级数: Beginner / Improver
编舞者: Rene & Reg Mileham (UK) - June 2013
音乐: Uptight (Everything's Alright) (Glee Cast Version) (feat. Kate Hudson) - Glee Cast
: (CD: Season 4 - Single)



32 count intro start on vocals.

Section 1: Out, Out, In, In. Side, hold, & side, touch.

1 – 2 Step Right forward (slightly out) - step Left forward (slightly out). .
3 – 4 Step Right back (stepping in) - step Left back (stepping in)
5 – 6 Step Right to right side – hold.
&7 – 8 Close Left to Right, stepping Right to right side , touch Left next to Right (weight on Right)

Section 2: Out, Out, In, In. Side, hold, & side, touch.

1 – 2 Step Left forward (slightly out) - step Right forward (slightly out). .
3 – 4 Step Left back (stepping in) - step Right back (stepping in)
5 – 6 Step Left to left side – hold.
&7 – 8 Close Right to Left, stepping Left to left side, touch Right to Left (weight on Left)

Section 3: Right weave, paddle, paddle.

1 – 2 Step Right to right side, cross Left behind Right
3 – 4 Step Right to right side, cross Left over Right
5 – 6 With Right foot paddle 1/8 left
7 – 8 With Right foot paddle 1/8 left 9.00

Section 4: Step, point, step, point. Jazz Box

1 – 2 Cross Right over Left , point Left foot diagonally forward
3 – 4 Cross Left behind Right, point Right toe diagonally back
5 – 6 Cross Right over Left, step back onto Left
7 – 8 Step Right to right side, close Left next to Right

Section 5: Cross rock, chasse. Back rock, chasse

1 – 2 Cross rock Right over Left, recover onto Left
3 & 4 Right side chasse
5 – 6 Rock Left to left side, hold
7 & 8 Rock Right back, recover onto Left

Section 6: 2 x ¼ Monterey turns, right

1 – 2 Touch right toe out to right side, keep weight on left foot, turn ¼ right, step right next to left
3 – 4 Touch Left to left side, step Left beside Right 12.00
5 – 6 Touch right toe out to right side, keep weight on left foot, turn ¼ right, step right next to left
7 – 8 Touch Left to left side, step Left beside Right 3.00

Section 7: Toes strut x 2. Side rock (R), recover, cross, hold

1 – 2 Right toe strut, drop heel
3 – 4 Left toe strut, drop heel
5 – 6 Rock Right out to right side, recover onto Left
7 – 8 Cross Right over Left, hold

Section 8: Toes strut x 2. Side rock (L), recover, cross, hold

1 – 2 Left toe strut, drop heel
3 – 4 Right toe strut, drop heel

5 – 6 Rock Left out to left side, recover onto Right
7 – 8 Cross Left over Right, hold

Contact: regandrene@btinternet.com
