

Up And Up

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Robbie McGowan Hickie (UK) - January 2014
音乐: Drunk On Love - The Wanted : (EP: Walks Like Rihanna)



Alternative: "Up And Up" by Kristina Maria (126 bpm...16 Count intro) CD: "Tell The World"

32 Count intro

Side Step Right. Drag. & Cross. 1/4 Turn Right. 1/4 Turn Right. Drag. & Cross. 1/4 Turn Right.

- 1 – 2 Step Right Long step to Right side. Drag Left towards Right. (Weight on Right)
&3 – 4 Step ball of Left beside Right. Cross step Right over Left. Make 1/4 turn Right stepping back on Left.
5 – 6 Make 1/4 turn Right stepping Right Long step to Right side. Drag Left towards Right. (Weight on Right)
&7 – 8 Step ball of Left beside Right. Cross step Right over Left. Make 1/4 turn Right stepping back on Left.

Back Rock. Right Shuffle 1/2 Turn Left. 1/4 Turn Left. Together. Left Shuffle Forward.

- 1 – 2 Rock back on Right. Rock forward on Left. (Facing 9 o'clock)
3&4 Right shuffle forward making 1/2 turn Left stepping Right. Left. Right. (Facing 3 o'clock)
5 – 6 Make 1/4 turn Left stepping Left Long step to Left side. Close Right beside Left.
7&8 Left shuffle forward stepping Left. Right. Left. (Facing 12 o'clock)

Forward Rock. Right Shuffle 1/2 Turn Right. Left Shuffle 1/2 Turn Right. Back Rock.

- 1 – 2 Rock forward on Right. Rock back on Left.
3&4 Right shuffle back making 1/2 turn Right stepping Right. Left. Right.
5&6 Left shuffle forward making 1/2 turn Right stepping Left. Right. Left.
7 – 8 Rock back on Right. Rock forward on Left. (Facing 12 o'clock)

Cross Rock & Side. Left Cross Shuffle. 1/4 Turn Left. 1/2 Turn Left. Step. Pivot 1/4 Turn Left.

- 1&2 Cross rock Right over Left. Rock back on Left. Step Right to Right side.
3&4 Cross step Left over Right. Step Right to Right side. Cross step Left over Right.
5 – 6 Make 1/4 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left.
7 – 8 Step forward on Right. Pivot 1/4 turn Left. (Facing 12 o'clock)

Forward Rock. Right Triple Full Turn Right. 2 x Cross Sambas (Travelling Forward).

- 1 – 2 Rock forward on Right. Rock back on Left.
3&4 Right triple step (on the spot) making Full turn Right stepping Right. Left. Right.
5&6 Cross step Left forward over Right. Rock Right to Right side. Step slightly forward on Left.
7&8 Cross Right forward over Left. Rock Left to Left side. Step slightly forward on Right.

Step. Pivot 1/4 turn Right. Left Cross Shuffle. 2 x 1/4 Turns Left. Right Cross Shuffle.

- 1 – 2 Step forward on Left. Pivot 1/4 turn Right. (Facing 3 o'clock)
3&4 Cross step Left over Right. Step Right to Right side. Cross step Left over Right.
5 – 6 Make 1/4 turn Left stepping back on Right. Make 1/4 turn Left stepping Left to Left side.
7&8 Cross step Right over Left. Step Left to Left side. Cross step Right over Left. (Facing 9 o'clock)

Left Side Rock. Left Sailor Cross with 1/4 Turn Left. Chasse Right. Back Rock.

- 1 – 2 Rock Left out to Left side. Recover weight on Right.
3&4 Cross Left behind Right making 1/4 turn Left. Step Right to Right side. Cross step Left over Right.

5&6 Step Right to Right side. Close Left beside Right. Step Right to Right side.
7 – 8 Rock back on Left. Rock forward on Right. (Facing 6 o'clock)

Chasse Left. Back Rock. Right Kick-Ball-Cross x 2.

1&2 Step Left to Left side. Close Right beside Left. Step Left to Left side.

3 – 4 Rock back on Right. Rock forward on Left.

5&6 Kick Right Diagonally forward Right. Step Right beside Left. Cross step Left over Right.

7&8 Kick Right Diagonally forward Right. Step Right beside Left. Cross step Left over Right.

Start Again

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