

# Giddy On Up and Giddy On Out!

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BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: M. Vasquez (UK) - October 2014  
音樂: Giddy On Up - Laura Bell Bundy



Dance starts on main vocal

Restarts: Wall 4 – Complete wall up to the coaster step in Section 2 and restart (Wall 5)

## Section 1: Cross Rocks, Shuffle Forward, Cross Samba

1-2      Cross rock left foot over right, recover back on right foot  
&      Step left foot next to right  
3-4      Cross rock right foot over left, recover back on left foot  
&      Step right foot next to left  
5&6      Step left foot forward, step right next to left, step left foot forward  
7&8      Cross right foot over left, step left foot slightly to left side (on &), step right foot next to left

## Section 2: Cross and $\frac{3}{4}$ Unwind Turn Right, Coaster Step, Shuffle Forward, Sailor Step

1-2      Cross left foot over right, make  $\frac{3}{4}$  turn to the right transferring weight to left foot as you 'unwind'  
3&4      Step back on right foot, step left foot next to right, step forward on right foot  
5&6      Step left foot forward, step right next to left, step left foot forward  
7&8      Cross right foot behind left, step left foot to left side, step right foot to place

## Section 3: Left Sailor Step, Touch, $\frac{1}{2}$ Turn Right, Triple Step $\frac{1}{2}$ Turn Right, Right Coaster Step

1&2      Cross left foot behind right, step right foot to right side, step left foot to place  
3-4      Touch right toe back, make  $\frac{1}{2}$  turn right taking weight onto right foot  
5&6      Make  $\frac{1}{2}$  turn right, stepping left, right, left, (weight ends up on L)  
7&8      Step back on right foot, step left foot next to right, step forward on right foot

## Section 4: (Optional Arms: - Lasso right arm in anticlockwise direction above head on the diagonal shuffles forward)

### Diagonal Left Forward Shuffle, Diagonal Right Forward Shuffle, Left Pony Step, Right Pony Step

1&2      Step left foot diagonally forward, step right foot next to left, step left foot diagonally forward  
3&4      Step right foot diagonally forward, step left foot next to right, step right foot diagonally forward  
5&6      Step left foot to left side, step ball of right foot beside left as you lift left foot slightly off the floor (on &), step left foot in place  
7&8      Step right foot to the right side, step ball of left foot beside right as you lift right foot slightly off floor (on &), step right foot in place

Contact: [matt.vasquez@rocketmail.com](mailto:matt.vasquez@rocketmail.com)