

Dance It Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Maggie Gallagher (UK) - September 2014
音樂: What Dancin's For - Derek Ryan : (iTunes)



Intro: □ On vocals

S1: TOE STRUT, TOE STRUT, ROCKING CHAIR, WALK WALK, STEP ½ STEP

1&2& Step forward on right toe, Step down on right heel, Step forward on left toe, Step down on left heel

(Shimmy your shoulders on the toe struts when singer sings "shake it up")

3&4& Rock forward right, Recover back left, Rock back right, Recover forward left

5-6 Walk right, Walk left

7&8 Step forward right, Pivot ½ left, Step forward right [6.00]

S2: TOE STRUT, TOE STRUT, ROCKING CHAIR, WALK WALK, STEP ¼ CROSS

1&2& Step forward on left toe, Step down on left heel, Step forward on right toe, Step down on right heel

(Shimmy your shoulders on the toe struts when singer sings "shake it up")

3&4& Rock forward left, Recover back right, Rock back left, Recover forward right

5-6 Walk left, Walk right

7&8 Step forward left, Pivot ¼ right, Cross left over right [9.00]

S3: SIDE TOUCH, SIDE TOUCH, SIDE TOG FORWARD, SIDE TOG FORWARD, R MAMBO

1&2& Step right to right side, Touch left next to right, Step left to left side, Touch right next to left

Restart Wall 3

3&4 Step right to right side, Close left next to right, Step forward right

5&6 Step left to left side, Close right next to left, Step forward left

7&8 Step forward on right, Rock back on left, Step right next to left [9.00]

S4: RUN BACK L R L, R COASTER, ¼, ¼, ½ L SHUFFLE

1&2 Run back left, right, left

3&4 Step back right, Step left next to right, Step forward right

5-6 Turn ¼ left stepping left forward, Turn ¼ left stepping right forward [3.00]

7&8 Turn 1/4 left stepping left forward, Step right beside left, Turn 1/4 left stepping left forward [9.00]

RESTART: Wall 3 after count 18 (facing 3.00)

TAG 1: End of Wall 6 (facing 6:00)

1&2& Stomp out right, HOLD, Stomp out left, HOLD

TAG 2: End of Wall 7 (facing 3:00)

1& Cross right over left, HOLD & click fingers

2& Step back on left, HOLD and click fingers

3& Step right to right side, HOLD and click fingers

4& Step forward on left, HOLD and click fingers

5&6& Stomp out right, HOLD, Stomp out left, HOLD

**** Thank You To My Sister Annette For Suggesting The Music ****

Contact: www.maggieg.co.uk

