

Up We Go

COPPER KNOB
BY STEPHEN HETS

拍數: 72
編舞者: Jen Cromer - November 2014
音樂: Up We Go - Lights

牆數: 2

級數: Phrased High Intermediate



#16 Count Intro

Phrased Sequence:

A (40), 4C Tag, B(32), 4C Tag

A (40), 4C Tag, B(32)

A (32), 2C Tag, B(32)

Part A – 40 Counts

A [1-8] – Dorothy step, forward weave, rock right, ¼ right hitch, ¼ right sailor step

1 2&3&4 Dorothy step for 1 2&; Forward left (3), right behind left (&), forward left again (4)

5 6 7&8 Rock right, recover, hitch ¼ right (3:00), sailor step ¼ turn right (6:00)

A [9-16] – Ball step, quick rocks, ½ left walk around to front

&1 2&3&4 Ball step forward on right, quick rocks – left side, back, forward, ending up with weight on left

5 6 7 8& Right, left, right, quick tap left before putting weight on it.

A [17-24] – Dorothy step, forward weave, rock right, ¼ right hitch, ¼ right sailor step

1 2&3&4 (Repeat first sixteen counts) Dorothy step for 1 2&; Forward left (3), right behind left (&), forward left again (4)

5 6 7&8 Rock right, recover, hitch ¼ right, sailor step ¼ turn right

A [25-32] – Ball step, quick rocks, ½ left walk around to front

&1 2&3&4 Ball step forward on right, quick rocks – left side, back, forward, ending up with weight on left

5 6 7 8& Right, left, right, quick tap left before putting weight on it.

A [33-40] – Nightclub, rock, cross steps ½ turn to left, jazz box

1 2&3&4&8 Nightclub step to the right, rock left recover right (2&), aiming body toward the left, cross steps left over right, turning to the back wall, use the & count to free right foot.

5 6 7 8 Jazz box – right, left, right, left (tip: make sure your right foot lands on the lyric “this” for 5.)

B – 32 Counts

B [1-8] – Forward right, back left w/ a sweep, ¼ turn right sailor step, rock left forward, rock back on right, ¼ turn weave to the right

1 2 3&4 Jump forward on right, hop back on left and sweep right, sailor step w/ ¼ turn right

5 6 7&8 Forward on left, ¼ pivot right, weave – behind, side, forward left

B [9-16] – Backward walk, rock recover forward, ¼ pivot turn left w/ a cross step, ¾ turn right w/ ball step

1 2 3&4 Walk backward right, left, rock back right (3), recover left (&), step forward on right (4)

5 a 6 & a 7&8 Pivot ¼ left (5), shift weight to left (a) cross right over left (6), step back ¼ left (&), ½ turn to the right (a), forward on left (7) ending with a ball step forward on the left (&8).

B [17-24] – Forward right, back left w/ a sweep, ¼ turn right sailor step, rock left forward, rock back on right, ¼ turn weave to the right

1 2 3&4 (Repeat first 16 of B) - Jump forward on right, hop back on left and sweep right, sailor step w/ ¼ turn right

5 6 7&8 Forward on left, ¼ pivot right, weave – behind, side, forward left

B [25-32] – Backward walk, rock recover forward, ¼ pivot turn left w/ a cross step, ¾ turn right w/ ball step

1 2 3&4 Walk backward right, left, rock back right (3), recover left (&), step forward on right (4)

5 a 6 & a 7&8 Pivot $\frac{1}{4}$ left (5), shift weight to left (a) cross right over left (6), step back $\frac{1}{4}$ left (&), $\frac{1}{2}$ turn to the right (a), forward on left (7) ending with a ball step forward on the left (&8).

Tag – 4 Counts - (After 1st A, 1st B, and 2nd A)

- 1 – Forward on right
- 2 – Forward on left
- 3 – Back on right
- 4 – Back on left

Tag – 2 Counts - (After 32 counts of the 3rd A)

- 1-2 – Sway right, left

Tips for the 2nd and 4th 8 counts of B:

- From a teaching and dancing standpoint, counts 1-6 will feel like 1 2 3&4 a 6. The 5 happens so quickly and fluidly that it's barely there.
- If you do not make it all the way around on the $\frac{3}{4}$ turn (& a), use the 7 & 8 to square up to the wall.
- 7&8 slow down considerably from the previous counts. Do not rush the last two counts.

Contact: cuteijit@gmail.com
