

Hit It Up!

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Shaz Walton (UK) & Kara-Leah Lightfoot (UK) - May 2015
音樂: Show Me How You Burlesque - Christina Aguilera



#64 count Intro

S1: Side. Behind. Side. Rock. Recover. Rock. Side rock. Recover. 1/4. Full turn Right.

1&2 Step right to side, Cross left behind, step right to side
3&4 Cross rock left over right foot, Recover weight onto right, step left across right.
5&6 Rock Right foot out to side, Recover weight onto left making ¼ turn left, Step right forward.
7&8 Rolling full turn forward Right stepping left, right, left.

S2: Step. Brush. Step. Brush. Rock. Recover. Step back. Walk back x2. Sailor 1/4 left.

1&2& Step forward right, brush left, Step forward left, brush right (SHIMMEY!)
3&4 Rock forward onto right, recover weigh onto left, Step right foot back.
5-6 Step left foot back, Step right foot back
7&8 Sweep left behind right making ¼ turn left, step right to side, step left to left side.

S3: Jazz box. Toe. Heel. Step. Toe. Heel. Step.

1-2 Step right over left, step left foot back.
3-4 Step right to side, step left foot forward.
5&6 Touch right toe to left heel, touch right heel to left heel, step right foot forward.
7&8 Touch left toe to right heel, touch left heel to right heel, Step left foot forward.

S4: Dip. Step. Chasse 1/4. Step. 1/2 Pivot. Triple R-L-R

1-2 Step right to side, (dip/shimmy shoulders) bring left next to right.
3&4 Step right to side, step left next to right, step right to side making ¼ turn right.
5-6 Step left forward, Pivot 1/2 turn to right.
7&8 rolling triple turn forward Right, stepping Right, left, Right. (Dance ends here, make an additional 1/4 turn right & POSE!)

S5: Stomp. Click x2. Hitch. Coaster step. Stomp. Click x2. Hitch. Sailor 1/4 left.

1&2& Stomp right foot forward (no weight) Click fingers twice. Hitch right knee.
3&4 Step back right. Step back left. Step right forward.
5&6& Stomp left foot forward (no weight) Click fingers twice. Hitch left knee.
7&8 Cross step left behind right making a 1/4 turn left. Step right to right. Step left to left. **restart on wall 2 **

S6: Heel Grind. Walk back x2. Step. Step 1/2 pivot. 1/4 turn. Jump.

1-2 Dig right heel forward with toes pointing to left diagonal. Turn toes to right diagonal as you step left slightly □back.
3-4 Step back right. Step back left.
5-6 Step forward right. Step forward left.
7-8 Make 1/2 pivot turn right. Make 1/4 turn right as you make a small jump with feet together.

S7: Behind. Side. Cross. 1/4 right. Touch. Swivel right. Swivel left.

1&2 Cross step right behind left. Step left to left side. Cross step right over left.
3-4 Make 1/4 right stepping back left. touch right beside left. *restart on wall 1 *
5&6 Swivel heels - Right-Left-Right
7&8 Swivel heels - Left-Right-Left

S8: Walk. Walk. 1/2 Pivot. Side. Cross. Back. Side. Cross. Touch.

1-2 Walk forward right. walk forward left.
3-4 Make 1/2 turn right. Step left to left side.
5-6 Cross step right over left. Step back on left.
&7-8 Step right to right side. Cross step left over right. Touch right beside left.

Add loads of ATTITUDE... IT'S BURLESQUE!

Restarts –

Wall 1 after count 52

Wall 2 after count 40 (Both facing 12 O Clock.)

TAG- At the end of wall 5 facing the front- 4 count HOLD-

Or do something Burlesque x then start the dance again from the beginning. x

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