Pour One Up!



拍數: 64 牆數: 2 級數: Phrased Advanced

編舞者: Jannie Tofte Stoian (DK) - October 2015

音樂: Funeral - Lukas Graham: (iTunes)



Phrasing: □A,B, C, TAG, A, B, C, C, B, B, B, Ending

Intro: ☐ 16 counts from piano really starts (app. 34 seconds into song)

Note: ☐ See bottom for details on transitions between sections, tag and ending.

A SECTION (1 wall – always starts facing 12:00) 32 COUNTS			
	A[1-8]□Step ½	½ L, 1½ L sweep, Behind side cross, Sway x2, Sailor step, Behind ¼ R step□	
	1-2	Step R fw, turn ½ L stepping onto L (don't turn too much as you will continue turning) ☐ 12:00	
	&a3	Turn ½ L stepping R back, turn ½ L stepping L fw, turn ½ L stepping R back sweeping L from front to back ☐ 12:00	
	4&a	Cross L behind R, step R to R side, cross L over R□ 12:00	
	5-6	Sway R, sway L □ 12:00	
	7&a	Cross R behind L, step L to L side, step R to R side ☐ 12:00	
	8&a	Cross L behind R, turn ¼ R stepping R fw, step L fw □ 03:00	
	A[0.16] □ Qfon	Ston 1/ Dieton Ston swoon Cross book 1/ L Swows Constar ston	

A[9-16]□Step, Step ½ R step, Step sweep, Cross back, ¼ L Swayx3, Coaster step□

1	Step R fw□ 03:00
2&a	Step L fw, turn ½ R stepping onto R, step L fw□ 09:00
3	Step R fw, sweeping L from back to front □ 09:00
4a	Cross L over R, step R back□ 09:00
5-7	Turn ¼ L stepping L to L side and swaying, sway R, sway L□ 06:00

8&a Step R back, step L next to R, step R fw □ 06:00

A[17-24]□Step sweep, Weave, ¼ L, Full spiral, Step step ½ L, Twinkle x2□

Step L fw, sweeping R from back to front □ 06:00

2&a	Cross R over L, step L to L side, cross R behind L□ 06:00
3	Turn ¼ L stepping L fw□ 03:00
4	Cross R over L, full turn L ending with weight on R and L hooked in front □ 03:00
5a6	Step L fw, step R fw, turn ½ L stepping onto L□ 09:00
7&a	Cross R over L, step L to L side, step R to R side (facing slightly diagonal R) \square 10:30
8&a	Cross L over R, step R to R side, step L to L side (facing slightly diagonal L)□ 07:30

A[25-32]□Step sweep, Jazz box, Step slide, Chasse ¼ L, Sway x3, Together cross ¼ L□

1	Step R fw (still keeping the diagonal) while sweeping L from back to front □ 07:30
2&a	Cross L over over R, step R to R side, step L back □ 07:30
3	Step R a big step back while sliding L toward R□ 07:30
4a	Turn ¼ L squaring up stepping L to L side, step R next L□ 06:00
5-7	Step L to L side and swaying, sway R, sway L□ 06:00
8&a	Close R next to L, cross L over R, turn ¼ L stepping R back 03:00

B SECTION (2 walls) 16 COUNTS

B[1-8]□½ L sweep, Cross ¼¼ R, Rock step, Figure 4½ L, Twinkle, Rock coaster□

1	Turn ½ L stepping L fw, sweeping R from back to front □ 09:00
2&a	Cross R over L, turn $\frac{1}{4}$ R stepping L back, turn $\frac{1}{4}$ R stepping R fw (think jazz box $\frac{1}{2}$ turn) 03:00
3-4	Rock L fw, recover onto R (prepping body R) □ 03:00
5	Step L fw while R foot goes to L shin, turn ½ L on L foot □ 09:00
6&a	Cross R over L, step L to L side, step R to R side (facing slightly diagonal R)□ 10:30

7-8&a Rock L fw, recover onto R, step L next to R, step R fw□ 10:30 B[9-16] ☐ Step sweep, Weave, Side rock ¼ L, Together cross, Side sailor step, Cross rock ☐ Step L fw, sweeping R from back to front (squaring up to 9:00 wall) □ 09:00 1 2&a Cross R over L, step L to L side, cross R behind L□ 09:00 3-4&a Rock L to L side, recover onto R while turn ¼ L, step L next to R, cross R over L□ 06:00 5 Step L to L side ☐ 06:00 6&a Cross R behind L, step L to L side, step R to R side ☐ 06:00 7-8a Cross rock L over R, recover onto R, step L back □ 07:30 C SECTION (1 wall - always starts facing 7:30) 16 COUNTS C[1-8]□Step sweep x3, Coaster step, Walk x2, Basic ½ L x2□ 1-3 Step R back sweeping L from front to back, repeat with L, repeat with R□ 07:30 4&a Step L back, step R next to L, step L fw □ 07:30 5-6 Walk fw R, walk fw L (prepping body R) \square 07:30 7&a Turn ¼ L stepping R to side, step L next to R, turn ¼ L stepping R back □ 01:30 8&a Turn ¼ L stepping L to side, step R next to L, turn ¼ L stepping L fw □ 07:30 C[9-16]□½ L sweep, Step sweep x2, Coaster step, Walk x2, Basic ½ L x2□ 1 Turn ½ L stepping R back, sweeping L from front to back □ 01:30 2-3 Step L back sweeping R from front to back, repeat with R□ 01:30 Step L back, step R next to L, step L fw□ 01:30 4&a 5-6 Walk fw R, walk fw L (prepping body R) □ 01:30 7&a Turn ¼ L stepping R to side, step L next to R, turn ¼ L stepping R back □ 07:30 8&a Turn ¼ L stepping L to side, step R next to L, turn ¼ L stepping L fw □ 01:30 Tag – appears only once after your first C facing 01:30 Counts□Footwork□End facing [1-8] □ Cross rock ¼ R - Cross rock side x2, Cross rock ¼ R, Mambo step, Step slide, Coaster step □ Cross rock R over L, recover onto L, turn ¼ R stepping R to R side □ 04:30 1&a 2&a Cross rock L over R, recover onto R, step L to L side □ 04:30 Cross rock R over L, recover onto L, turn ¼ R stepping R to R side □ 07:30 3&a 4&a Cross rock L over R, recover onto R, step L to L side ☐ 07:30 5&a Cross rock R over L, recover onto L, turn ¼ R stepping R to R side ☐ 10:30 6&a Rock L fw, recover onto R, step L back ☐ 10:30 7 Step R big step back sliding L toward R□ 10:30 8&a Turning ¼ R step L back, step R next to L, step L fw□ 12:00 **Transitions:** From C to C: Start C the same you start the second section of C - by turning ½ L stepping R back and sweeping L From C to B: You end C facing 01:30. Sweep R around % L to face 09:00 on count 1. Continue the dance normally from count 2 From B to B (this is where it becomes a 2 wall dance): Dance B up to count 15 - then do 8&a Recover onto R, step L back, step R back □ 07:30 Turn ¾ L stepping L fw sweeping R from back to front (continue normally from here) □ 03:00 Ending: Finish the last B normally – then do 1-3 Step R back sweeping L from front to back, repeat with L, repeat with R□ 07:30 4a5 Cross L behind R, turn ¼ L stepping R back, turn ¼ L stepping L fw sweeping R from back to front □ 01:30 6-7 Step R fw sweeping L from back to front, repeat with L□ 01:30

8&a1

Good luck & enjoy! (sorry – it is actually not as difficult as stepsheet might indicate)

Contact: jannietofte@gmail.com