

Keep Me Up

拍數: 64 牆數: 4 級數: Improver
編舞者: Belén Márquez (ES) - October 2015
音樂: She Keeps Me Up - Nickelback



Start Dancing on Lyrics

S1: STEPS FORWARD, ANCHOR STEP, STEPS BACK WITH SWEEP, SAILOR STEP ¼ LEFT

1-2 Step Right Forward, Step Left Forward
3&4 Cross rock Right Behind Left, Recover to Left, Recover to Right
5-6 Sweep Left Back, Sweep Right Back
7&8 ¼ Turn Left and CrossLeft Behind Right, Step Right Side, Step Left Side

S2: SWAY RIGHT & LEFT, CHASSE RIGHT, SWAY LEFT & RIGHT, CHASSE LEFT

1-2 Sway Right Side, Sway Left Side
3&4 Step Right Side, Step Left Together, Step Right Side
5-6 Sway Left Side, Sway Right Side
7&8 Step Left Side, Step Right Together, Step Left Side

S3: TOES TOUCHES, SAILOR STEP ¼ RIGHT, 2 SAILOR STEP (LEFT & RIGHT)

1-2 Touch Toe Right Forward, Touch Toe Right Side
3&4 ¼ Turn Right and Cross Right Behind Left, Step Left Side, Step Right Side
5&6 Cross Left Behind Right, Step Right Side, Step Left Side
7&8 Cross Right Behind Left, Step Left Side, Step Right Side

S4: CROSS, UNWIND, HIP ROLLS, STEPS BACK

1-2 Cross Left Behind Right, unwind ½ Turn Left
3-4 Roll Hip Right Side, Recover
5-6 Roll Hip Left Side, Recover
7-8 Step Right Back, Step Left Back

S5: CHASSE RIGHT, CHASSE LEFT ¼ RIGHT, CROSS MAMBO (RIGHT & LEFT)

1&2 Step Right Side, Step Left Together, Step Right Side
3&4 ¼ Turn Right and Step Left Side, Step Right Together, Step Left Side
5&6 Cross Rock Right Behind Left, Recover to Left, Step Right Side
7&8 Cross Rock Left Behind Right, Recover to Right, Step Left Side

S6: SAILOR STEP ¼ RIGHT, 2 SKATES FORWARD, SHUFFLE FORWARD, MAMBO STEP

1&2 ¼ Turn Right and Cross Right Behind Left, Step Left Side, Step Right Forward
3-4 Left Skate, Right Skate
5&6 Step Left Forward, Step Right Together, Step Left Forward
7&8 Rock Right Forward, Recover to Left, Step Right Back

S7: 2 STEPS BACK, SHUFFLE BACK, 2 STEPS BACK, SHUFFLE BACK

1-2 Step Left Back, Step Right Back
3&4 Step Left Back, Step Right Together, Step Left Back
5-6 Step Right Back, Step Left Back
7&8 Step Right Back, Step Left Together, Step Right Back

S8: SAILOR STEP, SAILOR STEP ¼ RIGHT, SAILOR STEP, CROSS, UNWIND

1&2 Cross Left Behind Right, Step Right Side, Step Left Side
3&4 ¼ Turn Right and Cross Right Behind Left, Step Left Side, Step Right Side

5&6 Cross Left Behind Right, Step Right Side, Step Left Side
7-8 Cross Right Over Left, unwind ½ Turn Left

REPEAT

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