

# Tear It Up

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Magali CHABRET (FR) - November 2015  
音樂: Tear It Up - Matt Simons : (CD: Catch & Release)



## #17 seconds intro (32 counts)

### Section 1 – STEP, ROCK FORWARD, SWITCH, PIVOT ½ TURN RIGHT, WIZZARD STEP, STEP

1                    Step left forward  
2-3                Rock right forward – recover onto left  
&4-5              Step right next to left – step left forward – pivot 1/2 turn right (6:00)  
6-7&              Step left diagonally forward – lock right behind left – step left to side  
8                    Step right diagonally forward

### Section 2 – BEHIND SIDE CROSS, SIDE, TOUCH, MODIFIED CHAINE TURN, CHASSE LEFT

1&2                Cross left behind right – step right to side – cross left over right  
3-4                Step right to side – touch left beside right  
5-6                1/4 turn left stepping left forward – step right together with 3/4 turn left (6:00)  
7&8                Step left to side – step right beside left – step left to side

### Section 3 – BACK ROCK, PIVOT ½ TURN LEFT, ¼ TURN LEFT, SLIDE, BALL CROSS, ¼ TURN RIGHT

1-2                Rock back on right – recover onto left  
3-4                Step right forward – pivot 1/2 turn left (12:00)  
5-6                1/4 turn left making a large step right to side – slide left next to right (weight on right) (9:00)  
&7-8              Step ball of left next to right – cross right over left – 1/4 turn right stepping back on left (12:00)

### Section 4 – BACK ROCK, TRIPLE ½ TURN LEFT, BALL BACK, BACK, RIGHT COASTER STEP

1-2                Rock back on right – recover onto left  
3&4                1/4 turn left stepping right to side – step left beside right – 1/4 turn left stepping back on right (6:00)  
&5-6              Step ball of left next to right – walk back on right – walk back on left  
7&8                Step back on ball of right – step left next to right – step right forward \*\*Tag & Restart here\*\*

### Section 5 – BALL STEP, STEP, KICK BALL PRESS, RECOVER, TOUCH, KICK BALL POINT

&1-2              Step ball of left next to right – walk right forward – walk left forward  
3&4                Kick right forward – step ball of right next to left – press left diagonally left forward  
5-6                Push on ball of left to recover onto right – touch left beside right  
7&8                Kick left forward – step ball of left beside right – point right to side

### Section 6 – SAILOR ¼ TURN RIGHT, BALL STEP, STEP, POINT, POINT, BEHIND SIDE CROSS

1&2                Cross right behind left – 1/4 turn right stepping left beside right – step right forward (9:00)  
&3-4              Step ball of left next to right – walk right forward – walk left forward  
5-6                Point right toe forward – point right toe to right side  
7&8                Cross right behind left – step left to side – cross right over left

### Section 7 – SIDE, TOUCH BALL CROSS, ¼ TURN RIGHT SHUFFLE FWD, STEP, ½ TURN RIGHT SHUFFLE FWD

1-2&3             Step left to side – touch right next to left – step ball of right slightly behind left – cross left over right  
4&5                1/4 turn right stepping right forward – step left beside right – step right forward (12:00)  
6                    Step left forward  
7&8                1/2 turn right on ball of left stepping right forward – step left beside right – step right forward (6:00)

**Section 8 – LEFT SIDE ROCK, CROSS, RIGHT SIDE ROCK, CROSS, MONTEREY SPIN**

- 1&2            Rock left to left side – recover onto right – cross left over right  
3&4            Rock right to right side – recover onto left – cross right over left  
5-8            Point left to side – full turn left stepping left beside right – point right to side – step right beside left (6:00)

**TAG : 1-4 LEFT ROCKING CHAIR**

- Tag : At the end of first wall (6:00)

- Tag + Restart : During 3rd wall, dance 32 counts, then add the TAG (1-4) and restart the dance from the beginning (6:00)

« Croquez la vie à pleines danses ! » □

Original stepsheet of the choreographer - [galicountry76@yahoo.fr](mailto:galicountry76@yahoo.fr) -

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