

Hung Up!

拍數: 32 牆數: 2 級數: Improver
編舞者: Nancy VerBryck (USA) - June 2016
音樂: T-Shirt - Thomas Rhett



Scissor Step Right, Scissor Step Left (twice)

1&2 Rock out to side right, Recover to left, Cross Right over Left.
3&4 Rock out to side left, Recover to right, Cross Left over Right.
5&6 Rock out to side right, Recover to left, Cross Right over Left.
7&8 Rock out to side left, Recover to right, Cross Left over Right.

Diagonal Steps – Forward and back with Double Hip Bumps

1&2 Stepping right diagonal forward, bump hips to right twice
3&4 Stepping left diagonal backward, bump hips to the left twice
5&6 Stepping right diagonal backward, bump hips to the right twice
7&8 Stepping left diagonal forward, bump hips to the left twice

Toe Points and Knee Ups

1&2& Point right toe to right side, slide right back to center, point left toe to left side, slide left back to center
3&4& Point right toe to right side, bring right knee up and back down, slide right foot back to center
5&6& Point left toe to left side, slide left back to center, point right toe to right side, slide right back to center
7&8 Point left toe to left side, bring left knee up and back down

Half Turn Sailor, Shuffle, Kicks as Stepping Back

1&2 Step left behind right, Step Right then Left as you complete a 1/2 turn (left foot should be in front of right after □□you complete turn)
3&4 Forward Shuffle – Right, Left, Right
(Once you become comfortable with the Kick Steps below, try moving backwards as you do these steps.)
5&6& Kick Left forward and bring back to center, Kick Right and bring back to center
7&8 Kick Left and bring back to center, point right next to Left.

Begin Again!

Stepsheet prepared by Erin Welsh (redsie143@aol.com)

Last Update – 12th Dec 2016