

Up Your Nose!

拍數: 32 牆數: 4 級數: Improver
編舞者: Elaine Montgomery (AUS) - November 2016
音樂: Bird of Paradise by HonkyTonk Angels



[1 – 8] □ Charleston Steps, Shuffle forward on Right, ½ turn Right, Step forward Left

1,2,3,4 Step forward right, point left forward, Step back left, point right back.
5&6 Step forward right, close left beside right, step forward right,
7&8 Step forward left, ½ turn right, step forward on left

[9 – 16] □ Charleston Steps, Shuffle forward on Right, ½ turn Right, Step forward Left

1,2,3,4 Step forward right, point left forward, Step back left, point right back.
5&6 Step forward right, close left beside right, step forward right,
7&8 step forward left, ½ turn right, step forward on left

[17 – 24] □ Rumba Box, Side touches, Side shuffle ¼ turn right.

1&2 Step right to right side, close left next to right, step forward on right.
3&4 Step left to left side, close right next to left, step back on left.
5&6 & Step right to right, touch left next to right, step left to left side, touch right next to left.
7&8 Step right to right side, close left next to right, step right ¼ turn right

[24 – 32] □ Left Heel Hook, Left Heel Hitch, Left Coaster Step, Diagonal Right lock Step, Diagonal Left Lock Step, Touch Right

1&2& Touch left heel forward, Hook left heel across Right, Touch left heel forward, hitch left knee,
3&4 Step back on left, close right next to left, step forward on left.
5&6 Step forward on right, lock left behind right, step forward right.
&7&8 Step forward on left, lock right behind left, step forward on left. Touch right beside left.

Restarts - Wall 3 & Wall 6

Do first 16 counts of dance and Restart.

HAVE FUN and sing along!!

Elaine : memonty91@hotmail.com