

Up-Nea

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Alvaro Arienti (IT) - July 2017
音樂: Better Than This - Dan Johnson & Salt Cedar Rebels



S1: □ POINT, KICK, COASTER STEP, POINT, KICK, COASTER STEP

1-2 point R toe beside L, kick R diag (2:00)
3&4 step R back, step L beside R, step R fwd
5-6 point L toe beside R, kick L diag (10:00)
7&8 step L back, step R beside L, step L fwd

S2: □ SHUFFLE FWD, TURN & SHUFFLE BACK, BACK ROCK, WALK

1&2 step R fwd, step L beside R, step R fwd
3&4 turn ½ R & step L back, step R beside L, step L back
5-6 step R back, recover on L
7-8 step R fwd, step L fwd

S3: □ (STEP SIDE, POINT) X5, STEP SIDE

1-4 step R side, point L toe beside R, step L side, point R toe beside L
&5&6 (jumping) step R side, point L toe beside R, step L side, point R toe beside L
&7-8 (jumping) step R side, point L toe beside R, step L side

S4: □ JAZZ BOX, ROCKIN' CHAIR

1-4 cross R over L, step L back, step R side, step L fwd
5-8 step R fwd, recover on L, step R back, recover on L

(Restart on 4th wall)

S5: □ TURN & STEP, KICK, COASTER STEP, SKATE X4

1-2 turn ½ L & step R back, kick L fwd
3&4 step L back, step R beside L, step L fwd
5-8 skate R fwd, skate L fwd, skate R fwd, skate L fwd

S6: □ SHUFFLE FWD, ROCK STEP, TURN & SHUFFLE SIDE, SHUFFLE CROSS

1&2 step R fwd, step L beside R, step R fwd
3-4 step L fwd, recover on R
5&6 turn ¼ L & step L side, step R beside L, step L side
7&8 cross R over L, step L beside R, step R to L

S7: □ TURN & HEEL SWITCH, STOMP UP, SCISSOR STEP X2 (OPTIONAL: SYNCOPATED SIDE ROCK)

1&2& turn ¼ L & point L heel fwd, recover on L, point R heel fwd, recover on R
3&4 point L heel fwd, recover on L, stomp R beside L
5&6 step R side, step L beside R, cross R over L (optional: step R side, recover on L, step R beside L)
7&8 step L side, step R beside L, cross L over R (optional: step L side, recover on R, step L beside R)

S8: □ ROCKIN' CHAIR, TURNING TOE STRUTT FWD

1-4 step R fwd, recover on L step R back, recover on L
5-8 point R toe fwd, turn ½ L & heel down, point L toe back, turn ½ L & heel down

Repeat

Restart after 32 counts on 4th wall

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