

Up In Here

拍數: 72 牆數: 4 級數: Phrased Advanced
編舞者: Shea McCafferty (USA) - August 2017
音樂: Up in Here - 5 After Midnight



Count In: Dance begins after 16cts. Starts on Lyrics "New Girl"

Notes: ABC dance with 1 Tag. Sequence A B Cx4 A B Cx8 A B TAG Cx4 A

** Overall winner of Non-Country Division at World Dance Masters 17' **

A: Section - 32 counts

A[1 – 8] Side Behind Side, Kick and Touch, Unwind 1/2 with sweep, Anchor Step, Ball Step, Step

1, 2 & Step R to R side (1), Step L Behind R (2), Step R to R side (&) 12
3 & 4 Kick L out to left side (3) Step L foot down (&) Touch R foot behind L (4) 12
5 ½ turn unwind (weight ends L), releasing R foot into a sweep from front to back (5) 6
6 & 7 Step R back (6) Step ball of L foot in front of R (&) Step R back (7) 6
& 8 Step ball of L back (&) Step R fwd (8) 6

A[9 – 16] Walk, Walk, ¼ C bump, Knee Pops, Sailor ¼ turn

1, 2 Walk fwd L (1), Walk fwd R (2) 6
3 & 4 Hitch L knee while making ¼ turn right bumping L hip up (3) Step in place L as you bump
 hips right (&) Bend knees slightly as you bump hips left (weight ends L) (4) 9
5, 6 Pop L knee (5), Pop R knee (6) 9
7 & 8 Step R back with ¼ turn right (7) Step L next to R (&) Step R forward (8) 12

A[17 – 24] Hip pushes, Rock and Cross, and Cross, Side

1 2 Press L fwd to diagonal rolling hip (1), Step L next to right (2) 12
3 4 Press R fwd to diagonal rolling hip (1), Step R next to left (2) 12
5 & 6 Rock L to left side (5) Recover weight R (&) Cross L over R (6) 12
& 7, 8 Step R to right side (7) Cross L over R (&) Step R to right side*(8) (Slightly angle body left to
 set up for next step) 12

A[25 - 32] Sailor Step, Sailor ¼ turn, Step pivot, ½ Left, 1/4 left Shuffle

1 & 2 Step L behind R (1) Step R to right side (&) Step L to left side (2) 12
3 & 4 Step R back making ¼ turn right (3) Step L next to R (&) Step R Forward* (4) (*Start of Step
 Pivot) 3
5, 6 Pivot ½ left (5), ½ turn left stepping R back (6) 3
7 & 8 Step L to left side making ¼ turn left (7) Step R next to L (&) Step L left (8) 12

B: Section - 32 counts

B[1 – 8] Step, Knee pop, Shuffle fwd, Rock Recover, Coaster Step

1, 2 Step R fwd into left diagonal (1), Step L fwd popping R knee (or small R hitch) (2) 10:30
3 & 4 Step R fwd (3), Step L next to R (&), Step R fwd (4) 10:30
5, 6 Rock L fwd (5), Recover to R (6) 10:30
7 & 8 Step L back (7), Step R next to L (&), Step L fwd (8) 10:30

B[9 – 16] Step pivot, ½ turn, ½ turn, Rock recover, Shuffle step

1, 2 Step R fwd (1) ½ pivot over left shoulder (2) 4:30
3, 4 ½ turn left stepping R back (3) ½ turn left stepping L fwd (4) 4:30
5, 6 Rock R fwd (5) Recover to L (6) 4:30
7 & 8 Step R to right squaring up to 6:00 (7), Step L next to R (&), Step R to right (8) 6

B[17 – 24] Rock, Recover, Side/Drag, ¼ turn sweep

1, 2 Rock L into right diagonal (1) Recover to R (2) 6
3, 4 Step L a big step to left (3) slowly drag R next to L (4) 6
5, 6 Rock R behind L (5) Recover to L (6) 6
7, 8 Step R into ¼ turn right while sweeping L around from back to front (7,8) 9

B[25 – 32] Cross Back Sweep, ¼ Left, Step Pivot

1, 2 Cross L over R (1) Step R back and slightly to the right (2) 9
3, 4 Step L back (3) Sweep R from front to back (4) 9
5, 6 Step R behind L (5) Step L forward making ¼ turn left (6) 6
7, 8 Step R forward (7) Pivot ½ turn over left shoulder (8) 12

C: Section - 8 counts

C[1 – 8] Step, Step with hitch, Out, Out, Ball Cross. Step, Hitch. Step, Hitch with ¼ turn left

1 - 2 Step R forward (1), Step L next to R while hitching R (2) 12
&3 &4 Step R to right side (&), Step L to left side (3), Step ball of R to center (&) , Cross L over R (4)
 12
5, 6 Step R to R side (5) Hitch L (6) (Optional: Lift arms to fit the lyrics) 12
7, 8 Step L into ¼ turn left (7), hitch R (8) (Optional: Lift arms to fit the lyrics) 9

NOTE! C progresses ¼ turn counter clockwise. You will end up facing 12:00 when you finish the sequence of four C's.

TAG: After the 3rd B section, add the following 4 count Tag:

Step, Hold with arms; close fists

1 - 4 Step R foot out to right side (1) hold 2 counts while raising both arms over your head (2-3)
 Step L next to R while quickly closing fists starting with pinkie and finishing with thumb (4) 12

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