Uptown Girl

拍數: 64

級數: Intermediate

編舞者: Rex Chuan (USA) - December 2018

音樂: Uptown Girl - Billy Joel

Tag:0 - Restart:2

Dance starts after 16 counts with together with vocal

S1: Twist x4, Step, Pivot Turn, Chasse

heels R(1), toes R(2), heels R(3), toes R(4)
R quarter turn and RF forward(5), LF forward and pivot half turn(6), LF forward(7), RF lock in(&), LF forward(8) (9:00)

S2: Side, Cross, Side, Pencil Half Turn

1234 R quarter turn and LF L(12) and arms swing up-left, RF cross(34) and arms swing down-right 5678 LF L(56) and arms swing up-left, Swivel R half turn on RF(78) (6:00)

S3: Cross Forward X2, Cross Rock Recover, Sailor Step

- 1234 LF cross forward(12), RF cross forward(34)
- 56 LF cross rock(1), recover weight on RF(2) and sweep LF back
- 7&8 LF cross behind RF(7), RF R(&), LF forward(8) (6:00)

S4: Forward, Pivot TurnX2 , Forward, Shuffle, Lock Step, Chasse

- 123 RF forward(1), R quarter swivel and LF forward(2), R half swivel and RF forward(3) (3:00)
- 4&56 LF forward(4), RF forward(&), LF forward(5), RF lock in(6)
- 7&8 LF forward(7), RF lock in (&), LF forward(8)

S5: Pencil Turn, Weight Chang X3, Swivel, Pivot Turn

- 1234 R half swivel on LF(1), weight -forward(2) -backward(3) -forward(4) (bend knees for style)
- 5678 L quarter swivel and RF forward(56), L half swivel and LF forward(78)

S6: Swivel and Forward, Cross Rock Recover, Side, Cross Rock Recover Side

- 1234 L half swivel on LF and RF forward(1), LF cross rock(2), recover on RF(3), LF L(4)
- 5678 RF cross rock(5), recover on LF(6), RF R(7), R half turn and LF L(8) (12:00)

S7:Swivel Point X2, Lunge, Weight Change and Body Roll

- 1234 RF point forward(1), RF together(2), swivel quarter L and LF point forward(3), swivel back and LF together(4)
- 5678 R turn and RF lunge forward(56), L pivot half turn with body roll for styling, weight shift to LF(78)

S8: Three-Step Turn, Cross, Unwind

- 1234 Turn ¹/₈ right and RF forward(1), R half turn and LF back(2), R half turn and RF forward(34) (10:30)
- 5678 LF cross over RF as much toward back as (56), sharply unwind R ⁵/₄ turn(78) (6:00)

Restarts: On the second wall, after S6, restart facing 6:00; On the fourth wall, after S6, restart facing 12:00

Ending: dance end at the end of sixth wall facing 12:00

Enjoy the dance!

Contact: rex.chuan@gmail.com





牆數:2