

Uprising

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Julie Snailham (ES) - January 2019
音樂: Uprising - Muse



Intro: at Count 40 on this version which the dance is choregraphed to

**** Dance without the ¼ turn R at Section 3 to make a one wall dance for AB Dancers ****

SECTION 1: STEPS FORWARDS WITH BRUSHES

1-2 Step forward on R, brush L forward
3-4 Step down on L, brush R forward
5-6 Step down on R, brush L forward
7-8 Step down on L, brush R forward

SECTION 2: WALKS BACK WITH TOUCH, GRAPEVINE LEFT WITH TOUCH

1-2 Step back on R, step back on L
3-4 Step back on R, touch L beside R
5-6 Step L to L side, step R behind L
7-8 Step L to L side, touch R next to L

SECTION 3: GRAPEVINE RIGHT TURNING ¼ RIGHT TOUCH, LEFT V STEP WITH TOUCH

1-2 Step R to R side, step L behind R
3-4 Step R to R side turning ¼ R, touch L next to R
5-6 Step forward and out on L, step forward and out on R
7-8 Step back on L, touch R next to L

SECTION 4: RIGHT V STEP, RIGHT ROCKING CHAIR

1-2 Step forward and out on R, step forward and out on L
3-4 Step back on R, step back on L next to R
5-6 Rock forward on R, recover on L
7-8 Rock back on R, Recover on L

Live, Love, Dance

Julie Snailham - Email snailham56@yahoo.co.uk or facebook Julie Snailham