

Up Around the Bend

COPPER KNOB
STEPPERS

拍數: 52 牆數: 2 級數: High Beginner
編舞者: Sonja Hemmes (USA) - February 2019
音樂: Up Around the Bend - Creedence Clearwater Revival : (Album: Chronicle - The 20 Greatest Hits)



Start on lyrics

WALK, WALK, TRIPLE STEP, ROCK FORWARD, STEP BACK, HITCH

1-2 Step right forward, step left forward
3&4 Step right forward, left forward behind right, right forward
5-8 Rock left forward, step on right, step back on left, hitch right

ROCK BACK, ROCK BACK, STEP FORWARD, HEEL SPLITS

1-4 Rock right back, step on left, rock right back, step on left
5-8 Step forward right, left, split heel out, in

HEEL HOOK, HEEL, TOE BACK, POINT FORWARD, POINT FORWARD

1-2 Touch right heel forward, hook right in front of left
3-4 Touch right heel forward, touch right toe back
5-6 Touch right toe to the right side, step right forward in front of left
7-8 Touch left toe to left side, step left forward in front of right

WEAVE RIGHT, JAZZ BOX TURNING 1/4 RIGHT

1-2 Step right to right side, step left behind right
3-4 Step right to right side, step left in front of right
5-8 Step right forward, step left back, step right forward turn ¼ right, step on left

ROCK FORWARD, TRIPLE 1/2, ROCK FORWARD, TRIPLE 1/2

1-2 Rock right forward, step on left
3&4 Step on right turning ¼ right, step left behind right, step right forward turn ¼ right
5-6 Rock left forward, step on right
7&8 Step on left turning ¼ left, step on right behind left, step left forward turn ¼ left

TOE STRUTS FORWARD, STEP DRAG, STEP DRAG

1-4 Step right toe forward, drop heel, step left toe forward, drop heel
5-6 Step right forward diagonally, drag left forward, touch left next to right
7-8 Step left forward diagonally, drag right forward, touch right next to left

MONTEREY 1/4 RIGHT

1-2 Point right to right side, turn ¼ right on balls of feet, step right next to left
3-4 Point left to left side, step left next to right