

# Up Around the Bend

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