

Ups and Downs

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Larry Bass (USA) - July 2019
音樂: Up - Thomas Rhett



NO TAG, NO RESTARTS!!

SIDE STEP TOUCHES, SIDE, TOGETHER, SIDE, TOUCH; SIDE STEP TOUCHES; SIDE, TOGETHER, SIDE, SWEEP

1& Step R to right, Touch L beside R
2& Step L to left, Touch R beside L
3&4& Step R to right, Step L beside R, Step R to right, Touch L beside R
5& Step L to left, Touch R beside L
6& Step R to right, Touch L beside R
7&8& Step L to left, Step R beside L, Step L to left, Sweep R across L

WEAVE, SWEEP; WEAVE, SWEEP; WEAVE, ROCKSTEP, ¼ ROLL

1&2 Step R across L, Step L to left, Step R behind L sweeping L from front to back
3&4 Step L behind R, Step R to right, Step L across R sweeping R from back to front
5& Step R across L, Step L to left
6& Rock R behind L, Recover forward to L
7&8 Make a ¼ turn left & step R back (9:00), Make a ½ turn left & step L forward (3:00), Step R forward

SIDE ROCK STEP, CROSS, POINT, TOUCH, POINT, ¼ TURN TOUCH, FORWARD TRIPLE STEP, CHASE TURN

1&2 Rock L to left, Recover right to R, Step L across R
3&4& Touch R to right, Touch R beside L, Touch R to right, Make a ¼ turn right & touch R in front of L (6:00)
5&6 Step R forward, Step L to R, Step R forward
7&8 Step L forward, Pivot ½ turn right to R (12:00), Step L forward

ROLLING TRIPLE STEP FORWARD, FORWARD TRIPLE STEP; ¼ CHASE TURN, BEHIND, SIDE, CROSS

1&2 Make a ½ turn left & step R back (6:00), Make a ½ turn left & step L forward (12:00), Step R forward
1&2 Variation: Triple step forward, R, L, R
3&4 Step L forward, Step R to L, Step L forward
5&6 Step R forward, Pivot ½ turn left to L (6:00), Make a ¼ turn left & step R to right (3:00)
7&8 Step L behind R, Step R to right, Step L across R

Begin Again

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