

Up (P)

拍數: 64 牆數: 0 級數: Partner
編舞者: Johanne Rutherford (CAN), François Cournoyer (CAN), Suzanne Laverdière (CAN) & Marc Laliberté (CAN) - 2018
音樂: Up (feat. Demi Lovato) - Olly Murs



Intro 16 Counts - Position: Sweetheart - Same footwork throughout unless otherwise stated

[1-8] KICK BALL STEP X2, STEP LOCK STEP X2

1&2 Kick right fwd, Step right in place, Step left fwd

3&4 Kick right fwd, Step right in place, Step left fwd

****2nd Restart at this point of the dance**

5&6 Step right fwd, Lock left behind right, Step right fwd

7&8 Step left fwd, Lock right behind left, Step left fwd

***1st and ***3rd Restart at this point of the dance**

[9-16] ROCK STEP, COASTER STEP, ROCK STEP, TOGETHER, ROCK STEP

1-2 Rock fwd on right, Recover on left

3&4 Step back on right, Step left next to right, Step fwd on right

5-6& Rock fwd on left, recover on right, Step left next to right

7-8 Rock fwd on right, Recover on left

[17-24] LOCK STEP BACK, ½ TURN SHUFFLE, ¼ TURN ROCK STEP, CROSS SHUFFLE

1&2 Step back on right, Lock left in front of right, Step back on right

3&4 Shuffle back LRL ½ turn left Release left hands

Lady passes under raised right arms, now facing R.L.O.D position left reversed dancing skaters

5-6 Step right fwd ¼ turn left, Recover on left

Release right hands, lady passes under raised left arms

Re-join hands at shoulder height position Indian facing I.L.O.D

7&8 Cross step right over left, Step left to left side, Cross step right over left

[25-32] SIDE ROCK, SAILOR STEP 1/4 Turn, CROSS SAMBA X2

1-2 Rock left to left side, Recover on right

3&4 Step left behind right ¼ turn left, Step right next to left, step fwd on left

Return to sweetheart position facing L.O.D

5&6 Cross step right in front of left, Rock left to left side, Recover on right

7&8 Cross step left in front of right, Rock right to right side, Recover on left

[33-40] 1/4 TURN AND CROSS SHUFFLE, 1/2 TURN AND CROSS SHUFFLE, 1/4 TURN AND SHUFFLE BACK, 1/2 TURN AND SHUFFLE FWD

1&2 Turning ¼ turn right cross step right over left, Step left to left side, Cross step right over left

Position Reverse Indian facing O.L.O.D

3&4 Turning ½ turn left cross step left over right, Step right to right, Cross step left over right

Release left hands, Lady passes under raised right arms, position reverse Indian facing I.L.O.D

5&6 Shuffle back RLR ¼ turn left Position dancing skaters

7&8 Turning ½ turn left Shuffle LRL fwd

Release right hands, lady passes under raised left arms, position dancing skaters facing L.O.D

[41-48] DIAGONAL STEP, SLIDE DIAGONAL SHUFFLE X2

1-2 Step right fwd diagonally right, Slide left beside right

3&4 Shuffle RLR fwd diagonally right

5-6 Step left fwd diagonally left, Slide right beside left

7&8 Shuffle LRL fwd diagonally left

[49-56] STEP, PIVOT 1/2 TURN, SHUFFLE FWD X2

1-2 Step right fwd, Pivot 1/2 turn left

Release right hands, man passes under raised left arms

Position Volkswagen facing R.L.O.D.

3&4 Shuffle RLR fwd

5-6 Step left fwd, Pivot 1/2 turn right

Release left hands, man passes under raised right arms

Position Sweetheart facing L.O.D.

7&8 Shuffle LRL fwd

[57-64] 1/4 TURN, 1/2 TURN, COASTER STEP, STEP, 1/4 TURN, SHUFFLE FWD

1-2 M: Step right fwd ¼ turn right, Step back on left ½ turn right

1-2 L: Step right fwd ¼ turn left, Step back on left ½ turn left

Release left hands, man passes under raised right arms

Position One Hand Hold, man facing I.L.O.D. lady facing O.L.O.D.

3&4 Step back on right, Step left beside right, Step right fwd

5-6 M: Step left fwd, Step right fwd ¼ turn right

5-6 L: Step left fwd, Step right fwd ¼ turn left

Position Sweetheart facing L.O.D

7&8 Shuffle LRL fwd

Restart: Complete 1 routine of dance, dance first 8 counts and restart dance from the beginning

After 2nd complete routine of the dance, dance first 4 counts and restart from the beginning

After 3rd complete routine of the dance, dance first 8 counts and restart from the beginning

Dance 64+8, 64+4, 64+8
