

Up (P)

拍數: 64 牆數: 4 級數: Improver - Partner
編舞者: Johanne Rutherford (CAN), François Cournoyer (CAN), Suzanne Laverdière (CAN) & Marc Laliberté (CAN) - July 2019
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 L 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 ½ turn left Forward Shuffle LRL

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

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

[25-32] WAVE, SIDE ROCK RECOVER, BEHIND 1/4 RIGHT FORWARD SHUFFLE

1-2 LF step left, RF behind LF.

3&4 LF step left, RF cross over LF, LF setp left side

5-6& RF recover, LF behind RF, RF 1/4 turn right forward

7 & 8 LF forward, RF beside LF, LF forward

[33-40] CROSS SAMBA X2; 1/4 TURN AND CROSS SHUFFLE, 1/2 TURN AND CROSS SHUFFLE

1&2 Cross step right in front of left, Rock left to left side, Recover on right

3&4 Cross step left in front of right, Rock right to right side, Recover on left

5&6 Turning ¼ turn right cross step right over left, Step left to left side, Cross step right over left

7&8 Turning ½ turn left cross step left over right, Step right to right, Cross step left over right

[41-48] SIDE ROCK BEHIND SIDE CROSS, SIDE ROCK SAILOR 1/4 LEFT

1-2 RF side Rock, Recover on left

3&4 RF blind LF, LF step to left, RF cross in front of LF

5-6 Rock left to left side, Recover on right

7&8 Step left behind right ¼ turn left, Step right next to left, step fwd on left

[49-56] CROSS, RECOVER X2; JAZZ BOX 1/4 TURN RIGHT

1&2 RF cross over LF, LF recover, RF step beside LF

5-6 RF cross over LF, LF step back 1/4 turn right

7-8 RF step on right, LF forward

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

1-2 RF forward, 1/2(right turn) LF back

3&4 RF back , LF beside RF , RF forward
5-6 LF forward , 1/2(left turn) RF step back
7&8 LF back , RF together LF , LF forward

**Ending last 4 count 5-6 Forward, Recover coaster step + (2 count) Right Hell forward poses
LF forward , RF recover , LF back , RF beside LF , LF forward + right hell forward**

**Restart: Wall 1 + 8 counts (Section 1) = 64+8
Wall 2 + 4 counts (Section 1 first 4 counts) =64 + 4
Wall 3 + 8 counts (Section 1) = 64+8**

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