

Up Again

COPPER KNOB
STEP SHEETS

拍數: 16 牆數: 4 級數: Beginner
編舞者: Jennifer Jones (USA) - October 2019
音樂: Up Again - Dan Bremnes



#16 count intro: Begin dance on lyrics

Section1: Toe heel stomps, Mambo right and left

1&2 R toe tap next to L, R heel tap next to L, stomp R forward
3&4 L toe tap next to R, L heel tap next to R, stomp L forward
5&6 Rock R to right, step L in place, step R next to L
7&8 Rock L to left, step R in place, step L next to R (12:00)

Section 2: Rock recover, shuffle back, $\frac{3}{4}$ turn left, sailor shuffle

1,2 R step forward, recover weight to L
3&4 R step back, close L next to R, R step back
5,6 L turn $\frac{1}{4}$ left (9:00) , R turn $\frac{1}{2}$ left (3:00)
7&8 Cross L behind R, step R to right side, step L to place (3:00)

Begin dance again

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Thank- you and enjoy the dance.

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