

# Up For Dancing

拍數: 32      牆數: 4      級數: Improver  
編舞者: Lucy Cooper (UK) - December 2019  
音樂: Wanna Dance - Nathan Carter



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## Walk, Walk, Toe, Flick, Toe, Flick, Walk, Heel, Ball, Kick ball Step

1 2      Walk right forward, walk left forward  
3&4&      Touch the right toe forward, flick right to the right, touch the right toe forward, flick right to the left  
5 6&      Walk right forward, touch left heel forward, ball step left next to right  
7&8      Kick right forward, ball step right next to left, step left forward

## ¼ Pivot L, Cross shuffle, ½ Turn R, Side Rock ¼ turn, Cross

1 2      Step right forward, pivot ¼ left (9.00)  
3&4      Cross right over left, step left to side, cross right over left  
5 6      Step back on left turning ¼ right, step forward on right turning ¼ right (3.00)  
7&8      Rock left to side turning ¼ right, recover onto right, cross left in front of right (6.00)

## Skate, Skate, Heel, Back, Back, Back Rock, Recover, Knee pop, Knee Pop

1 2      Facing right diagonal skate right, skate left  
3 4      Touch right heel forward to right diagonal, step right back  
5 6&      Step back on the left (squaring back to front), rock right back, recover onto left  
7&8      Pop the right knee in, ball step right next to left, pop the left knee in

## Cross, Side, Sailor ¼ L, Hip bump R, Step, Hip bump L, Step

1 2      Cross left in front of right, step right to side  
3&4      Cross left behind turning ¼ left, step right to side, step left to side  
5&6      Touch the right toe forward and bump the hips (turn body to left diagonal), recover onto left, step forward onto the right  
7&8      Touch the left toe forward and bump the hips (turn body to right diagonal), recover onto right, step forward onto the left

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