

Turn It Up

拍數: 64 牆數: 2 級數: Advanced
編舞者: Daniel Trepát (NL) & Darren Bailey (UK) - September 2012
音樂: Turn It Up (feat. Usher) - Ciara : (iTunes)



Intro: 32 counts from first beat in music (app. 15 secs into track)

Tag: During wall 5, after 32 counts, 8 counts tag.

[1 – 8] Sweep 2x R L, hitch 2x R, sweep 2x L R, hitch 2x L

- 1 – 2 Step on L sweeping R from front to back (1), Step on R sweeping L from front to back (2) 12:00
- 3&4 Step on L while hitching R (3), R knee down (&), Hitch R up (4) 12:00
- 5 – 6 Step on R sweeping L from front to back (5), Step on L sweeping R from front to back (6) 12:00
- 7&8 Step on R while hitching L (7), L knee down (&), Hitch L up (8) 12:00

[9 – 16] Bouncing rock forward & ¼ turn R backwards, step together, step forward, ½ turn L, 1 full drag turn L (option: Step, touch), jump

- 1&2& Bounce left forward (1), stretch left (&), bounce left forward (2), Stretch left (&) 12:00
- 3&4 ¼ turn R bouncing R back (3), stretch right (&), bounce R back (4) 3:00
- &5 – 6 Step L next R (&), Step R forward (5), ½ turn left stepping L forward (6) 9:00
- 7 – 8 Full turn L on LF dragging the R over the floor (7), Jump both feet out (8) 9:00

[17 – 24] Heel bounces 2x, swivels L R, ¼ turn L, touch back, step 2x fwd, jump a ½ turn L

- 1&2& Both heels up (bounce) (1), Both heels down (&), Both heels up (bounce) (2), Both heels down (&) 9:00
- 3 – 4 Turn both heels to L (3), turn both heels to R and turning ¼ turn L (4) 6:00
- 5 – 6 Touch L back (5), Step L forward (6) 6:00
- 7 – 8 Step R forward (7), jump ½ turn L feet end together (8) 12:00

[25 – 32] Out, out, L dog leg, L knee on floor, switching knee, On knee stepping R fwd, Up, Step L together (easy option: out, out, R touch behind, out, L touch behind, out, jump together, pop R knee fwd)

- 1 – 2 Step R to R side (1), step L to L side (2) 12:00
- 3 – 4 Lift R leg like a peeing dog (option: touch R back) (3), Kneel on R knee (option: Step R to R side) (4) 12:00
- 5 – 6 Sweep L from front to back (option: touch L back) (5), switch the knee, now you kneeling on L and RF is in front (option: Step L to L side) (6) 12:00
- 7 – 8 Weight on R coming up stretching R leg (option: jump together) (7), Step L next to R (option: Popping R knee forward, weight is on L) (8) 12:00

[33 – 40] Big steps diagonal R L with touch, snake rolls R L with touch

- 1 – 2 Big step R forward to R diagonal (1), touch L next to R (2) 12:00
- 3 – 4 Big step L forward to L diagonal (3), touch R next to L (4) 12:00
- 5 – 6 Step R to R side starting a snake roll to right side (5), touch L next to R while finishing snake roll (6) 12:00
- 7 – 8 Step L to L side starting a snake roll to left side (7), touch R next to L while finishing snake roll (8) 12:00

[41 – 48] Out, drag L with stops, jump out, drag R with stops, jump out

- 1 – 2 Step R to R side (1), turn body to L diagonal, drag LF a little towards R, stop (pressing weight on the ball of RF) (2) 10:30
- 3 – 4 Drag LF a little behind R, stop again (pressing weight on the ball of RF) (3), jump out turning to the front again (4) 12:00

- 5 – 6 Turn body to R diagonal and drag RF a little towards L and stop (pressing weight on the ball of LF) (5), drag LF a little further to R and stop again (pressing weight on the ball of LF) (6) 1:30
- 7 – 8 Drag RF a little behind L, stop again (pressing weight on the ball of LF) (7), jump out turning to the front again (8) 12:00

[49 – 56] Step together, cross, bounce with ½ turn R, step turn R weight ends on L with arm movement, brush back, ¼ turn R hitch, step

- &1 – 2 Step R next to L (&), cross L over R (&), Bounce starting ½ turn R (2) 12:00
- 3 – 4 Bounce continuing the turn (3), bounce and finish ½ turn R (4) 6:00
- 5 – 6 Step L forward (5), ½ turn R (6) (For the arm movements watch the youtube video) 12:00
- 7&8 Brush R back (7), ¼ turn R and make a hitch with R (&), Step R next to L (8) 3:00

[57 – 64] Step back, touch, step back, touch, step ½ turn L stepping fwd, Sweep ¼ turn L, press step

- 1 – 2 Step L back (1), Touch R forward (2) 3:00
- 3 – 4 Step R back (3), Touch L forward (4) 3:00
- 5 – 6 ½ turn L stepping L forward (5), Start ¼ turn L sweeping R from back to front (6) 9:00
- 7 – 8 Finish ¼ turn L sweeping R from back to front (7), press R forward (8) 6:00

Begin again!...

Tag: In de 5th wall after 32 counts

[1 – 8] Side moonwalk, ¼ turn L step back, ¼ turn L step side, cross, ¼ turn L step fwd, ¼ turn L press step

- 1 – 2 Slide R over L in 2 counts weight ends on ball of RF 6:00
- 3 – 4 Slide L to L side in 2 counts weight ends on ball of LF 6:00
- 5 – 6 ¼ turn L stepping R back (5), ¼ turn L stepping L to L side (6) 12:00
- 7&8 Cross R over L (7), ¼ turn L stepping L forward (&), ¼ turn L pressing R forward (8) 6:00
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