

Grew Up

拍數: 84 牆數: 1 級數: Intermediate
編舞者: Sigg Gudenus (DE) & Westerngirls - March 2020
音樂: Grew Up On That - High Valley



Note: The dance begins after 16 counts.

#1. Section: Side, Behind, ¼ Turn r. Shuffle Forward, Step ¼ Turn r., Cross Shuffle

1-2 RF step to the right, LF behind RF
3&4 ¼ turn to the right, RF step forward, LF next to RF and RF step forward (3 o'clock)
5-6 LF step forward, ¼ turn to the right (weight on RF) (6 o'clock)
7&8 cross LF in front of RF, RF next to LF and cross LF in front of RF

#2. Section: Side, Behind & Heel & Cross, ¼ Turn r., ¼ Turn r., Kickball Change

1-2 RF step to the right, cross LF behind RF
&3 RF next to LF and tap left heel forward
&4 LF next to RF and cross RF in front of LF
5-6 ¼ turn to the right and LF step back (9 o'clock), ¼ turn to the right and RF step to the right (12 o'clock)
7&8 LF kick forward, LF next to RF, slightly raise the RF and weight back onto RF

#3. Section: Cross Rock, ¼ Turn l. Chassé, Cross Rock & Heel & Toe Touch Back

1-2 cross LF in front of RL, slightly raise the RF and weight back onto RF
3&4 ¼ turn to the left LF step to the left, RF next to LF and LF step to the left (9 o'clock)
5-6 cross RF in front of LF, slightly raise the LF and weight back onto LF
&7 RF next to LF and tap left heel forward
&8 LF next to RF and tap right toe back

#4. Section: Shuffle Back With ¼ Turn r., Sailor Step, Heel & Heel & 2x Stomp r.

1&2 RF step back, LF next to RF, ¼ turn to the right and RF step to the right (12 o'clock)
3&4 cross LF behind RF, RF next to LF and LF step to the left

Omit: Stop here at the 3rd wall and keep dancing the 5th section!

Finish: At the 4th wall stop here and RF stomp forward! (The music continues for a little while)

5&6 tap right heel forward, RF next to LF and tap left heel forward
&7-8 LF next to RF and stomp RF next to LF 2x (weight on LF)

#5. Section: Cross & Heel r./l., Step ½ Turn l., Shuffle Forward

1&2 cross RF in front of LF, LF next to RF and tap right heel forward
&3 RF next to LF and cross LF in front of RF
&4 RF next to LF and tap left heel forward
&5-6 LF next to RF and RF step forward, ½ turn to the left (weight on LF) (6 o'clock)
7&8 RF step forward, LF next to RF and RF step forward

#6. Section: Cross & Heel l./r., Step ½ Turn r., Full Turn r.

1&2 cross LF in front of RF, RF next to LF and tap left heel forward
&3 LF next to RF and cross RF in front of LF
&4 LF next to RF and tap right heel forward
&5-6 RF next to LF and LF step forward, ½ turn to the right (weight on RF) (12 o'clock)
7-8 ½ turn to the right and LF step back (6 o'clock), ½ turn to the right and RF step forward (12 o'clock)

#7. Section: Mambo Forward, Coaster Step, Scissor Step l./r.

1&2 LF step forward, slightly raise the RF and weight back onto RF, LF next to RF

- 3&4 RF step back, LF next to RF and RF step forward
5&6 LF step to the left, RF next to LF and cross LF in front of RF
7&8 RF step to the right, LF next to RF and cross RF in front of LF

#8. Section: Rock Step, Coaster Step l./r.

- 1-2 LF step forward, slightly raise the RF and weight back onto RF
3&4 LF step back, RF next to LF and LF step forward
5-6 RF step forward, slightly raise the LF and weight back onto LF
7&8 RF step back, LF next to RF and RF step forward

#9. Section: Step, Scuff, Shuffle Forward, Step ½ Turn r., Shuffle Forward With ½ Turn r.

- 1-2 LF step forward, RF scuff forward
3&4 RF step forward, LF next to RF and RF step forward
5-6 LF step forward, ½ turn to the right (weight on RF) (6 o'clock)
7&8 ¼ turn to the right and LF step to the left (9 o'clock), RF next to LF, ¼ turn to the right and LF step back (12 o'clock)

#10. Section: Coaster Step, Rock Step, Shuffle Back with ½ Turn l., Step ½ Turn l.

- 1&2 RF step back, LF next to RF and RF step forward
3-4 LF step forward, slightly raise the RF and weight back onto RF
5&6 ¼ turn to the left, LF step to the left (9 o'clock), RF next to LF, ¼ turn to the left and LF next to LF, LF step forward (6 o'clock)
7-8 RF step forward, ½ turn to the left (weight on LF) (12 o'clock)

#11. Section: Walk , Walk, Out Out, In In

- 1-2 RF step forward, LF step forward
&3 RF step to the right, LF step to the left
&4 RF step to the left , LF next to RF

Dance, Have Fun & Smile!
