

Two Up, Two Down

拍數: 64 牆數: 0 級數: Phrased Easy Intermediate
編舞者: Rex Allott (UK) - July 2020
音樂: No Milk Today - Herman's Hermits



Intro - 16 beats - Sequence - AA BB AC Rpt.

A

AS1. Vine R, Vine L.

- 1-2. Step R to R, Step L behind R
- 3-4. Step R to R, Step L next to R
- 5-6. Step L to L, Step R behind L
- 7-8. Step L to L, Step R next to L

AS2. Jumping Heel Switch R, L, R, L, Step R forward, 1/4 Turn L.

- 1-2. Step R heel out R, jump up & point L heel out L
- 3-4. Jump up & point R heel out R, jump up & point L heel out L
- 5-6. Step R forward, return on L,
- 7-8. Turn 1/4 turn L on R, Step L next to R

B.

BS1. Skate R, L, R, L, Walk Back R, L, R, L.

- 1-2. Skate R, L
- 3-4. Rpt 1-2
- 5-6. Walk Back R, L.
- 7-8. Rpt 5-6

BS2. 1/2 Walking Turn R, Full Walking Turn L

- 1-2. 1/2 turn R, Stepping R, L
- 3-4. Step R, L
- 5-8. Full turn L, stepping R, L, R, L.

C.

CS1. Side Steps R, L, R.

- 1-2. Step R to R, Step L next to R
- 3-4. Step L to L, Step R next to L
- 5-6. Step R to R, Step L next to R

CS2. Shoop Shoop Steps R, R, L, L.

- 1-2. Step R diagonally forward R, Step L next to R
- 3-4. Rpt 1-2
- 5-6. Step L diagonally forward L, Step R next to L
- 7-8. Rpt 5-6

CS3. V - Step, Heel Touches R, L.

- 1-2. Step R diagonally forward R, Step L diagonally forward L
- 3-4. Step R diagonally back L, Step L diagonally back R
- 5-6. Step R heel diagonally forward R, return
- 7-8. Step L heel diagonally forward L, return

CS4. Back Toe Struts R, L, R, L.

- 1-2. Step R toe back, drop heel
- 3-4. Step L toe back, drop heel

5-8. Rpt 1-4

CS5. 1/2 Walking Turn R, Full Walking Turn L.

1-2. 1/2 turn R, stepping R, L

3-4. Step R, L

5-8. Full turn L, stepping R, L, R, L

To finish - End last S5. with 3/4 turn L to face forward, then shoop shoop steps as music fades out.
