

Rise Up Ting Ting

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Vikki Morris (UK) - October 2020
音樂: Glitter & Gold - Barns Courtney : (amazon)



Start: 32 counts on the word "Walk"

S1: R Press, Twist Heels R, Twist heels Centre, Kick R, R Behind, L Side, R Cross, Scuff L, Step L, Tap R X2, R Side, L Behind, R Side, L Cross, Scuff R

1&2& Press Right ball forward, Twist both heels to Right, Twist both heels back to centre, Kick Right forward
3&4 Cross Right behind Left, Step Left to Left side, Cross Right over Left
&5&6 Scuff Left, Step Left to Left side, Tap Right next to Left twice
&7&8 Step Right to Right side, Step Left behind Right, Step Right to Right side, Cross Left over Right
& Scuff Right

S2: R Side, Touch L In, Out, In, L Side, R Behind, ¼ L, Scuff R, Step R, Tap L X2, Back L, R Coaster, Scuff L

1&2& Step Right to Right side, Touch Left next to Right, Touch Left out to Left, Touch Left next to Right
3&4 Step Left to Left side, Step Right behind Left, Turn ¼ turn Left stepping forward Left (9 o'clock)
& Scuff Right
5&6& Step forward Right, Tap Left behind Right twice, Step back Left
7&8& Step back Right, Step Left next to Right, Step forward Right, Scuff Left

S3: Pivot ¼ R Cross L, R Side, L Back 1/8 L, Back R, Dig L Heel Fwd, Step L, Walk R, L, Chase ½ Turn L

1&2 Step forward Left, Pivot ¼ turn Right, Cross Left over Right (12 o'clock)
&3&4 Step Right to Right side, Step back Left 1/8 Turn Left, Step back Right, Dig Left heel forward (10.30)
&5 6 Step Left next to Right, Walk forward Right, Walk forward Left
7&8 Step forward Right, Pivot ½ turn Left, Step forward Right (4.30)

S4: L Lock Step, Scuff R, R Mambo ½ R, Scuff L, L Shuffle 3/8 R, R Coaster, Step L

1&2& Step Left forward, Lock Right behind Left, Step Left forward, Scuff Right
3&4& Rock forward Right, Recover Left, Turn ½ turn Right, Scuff Left (10.30)
5&6 Step Left 1/8 turn Right, Step Right next to Left, Step back Left ¼ turn Right (3 o'clock)
7&8 Step back Right, Step Left next to Right, Step forward Right
& Step forward Left

TAG - End of wall 5 facing 3 o'clock

Step R, Sway, R, L, R, L, Kick Ball Change

1 2 3 4 Step Right to Right side as you sway Right, Left, Right, Left
5&6 Low kick Right forward, Step on Right, Step Left next to Right

Floor Split - Ting Ting - Pat Stott or Glitter & Gold - Alison, Josh, Lu, John, Julie