

Up

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Andrico Yusran (INA) - August 2021
音樂: Up (feat. Demi Lovato) - Olly Murs



****Tags :**

*4 counts after wall 4

*8 counts after wall 2 & 6

Start dance after Intro: 16 counts*

S1# *HEEL FORWARD SYNCOPATED - SIDE TOUCH - CLOSE - SIDE TOUCH - CLAP (2x)*

1&2& Step R heel forward - R close beside L , L heel forward , L tap ball close beside R
3-4 R forward - L close beside R
5&6& R side touch point , R close beside L , L side touch point , L close beside R
7&8 R side touch point , clap hand in front L shoulder

S2# *CROSS ROCK - LINDY - FORWARD SHUFFLE*

1-2 Step R cross over L , L recover
3&4 R side , L close beside R , R side
5-6 L back , R in place
7&8 L forward , R close beside L , L forward

S3# *HEEL JACKS - FORWARD ROCK - CHASSE 1/4*

&1&2 Step R side - L heel diagonal to L , L ball close beside R , R cross over L
&3&4 L side - R heel diagonal to R , R ball close beside L , L forward
5-6 R forward , L recover
7&8 R side 1/4 turn to R - L close beside R , R side (3.00) weight on R

S4# *CROSS ROCK - LINDY - KICK BALL FORWARD

1-2 Step L cross over R , R recover
3&4 L side , R close beside L , L side
5-6 R back , L in place
7&8 R kick forward , R ball tap close beside L , L forward

TAG 4 COUNTS

SIDE - KICK FORWARD - SIDE - CLOSE TOUCH

1-4 Step R side , L kick forward , L side , R close touch beside L

TAG 8 COUNTS

SIDE TOUCH - CLOSE (R-L)- ROCKING CHAIR

1-4 Step R side touch point , R close beside L , L side touch point , L close beside R
5-8 R forward , L in place , R back , L in place

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