

You Can Bring Me Up

COPPER KNOB
STEPSHEETS

拍數: 48
編舞者: Jhon Batin (INA) - December 2021
音樂: Up - INNA

級數: Phrased Improver



**** No Tag, No Restart**

**** Sequences : ABAA - ABAA**

**** Start dance after 16 count (on vocal)**

Part A - 32 count

Sec A1: Heel Forward Twist, Recover, Back Rock, Cross Over, Side, Together, Cross Shuffle, Step Diagonal, Together, Hold

1&2& R heel forward while twisting R toe to right, recover on L, step R back, recover on L
3-4& Cross R over L, step L to left side, step R together L
5&6 Cross L over R, step R to right side, cross L over R
&7-8 Step R to right diagonal (10:30), close L together R, hold

Sec A2: 1/8 Turn, Botafogo (L-R), Volta Turn, Ball Step, Step Side

1&2 Turn 1/8 right stepping R cross over L (12:00), step L to left side, R in place
3&4 Cross L over R, step R to right side, L in place
5& Cross R over L, step ball of L slightly behind R
6& Turn 1/4 right crossing R over L (03:00), step ball of L slightly behind R
7&8 Turn 1/4 right crossing R over L (06:00), step ball of L to left side, pushing R to right side

Sec A3: Diamond Step, Rocking Chair, Rock Forward, Kick Forward

1&2 Cross L over R, step R to right side, turn 1/8 left (04:30) step L back
3&4 Step R back, turn 1/8 left (03:00) step L to left side, turn 1/8 left (01:30) step R forward
5& Step L forward, recover on R
6& Step L backward, recover on R
7-8 Step L rock forward, recover on R while kicking L forward

Sec A4: Coaster Step, Forward Rock, Backward, Back Rock, Volta Turn, Forward

1&2 Step L back, step R back close together, step L forward
3&4 Step R forward, recover on L, step R backward
5& Step L backward, recover on R
6& Turn 1/8 left crossing L over R (12:00), step ball of R slightly behind L
7&8 Turn 1/4 left crossing L over R (09:00), step ball of R slightly behind L, turn 1/4 left (06:00) step L forward

Part B - 16 count

Sec B1: Dorothy Step, Side Rock, Sway, Behind Cross Unwind

1-2& Step R forward to right diagonal, lock L behind R, step R forward
3-4& Step L forward to left diagonal, lock R behind L, step L forward
5-6 Step R to right side, recover on L (with sway R - L)
7-8 Cross R behind L, making 1/2 turn right (12:00)

Sec B2: Dorothy Step, Side Rock, Sway, Behind Cross Unwind

1-2& Step L forward to left diagonal, lock R behind L, step L forward
3-4& Step R forward to right diagonal, lock L behind R, step R forward
5-6 Step L to left side, recover on R (with sway L - R)
7-8 Cross L behind R, making 1/2 turn left (06:00)

Happy Dancing ... !

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