

Up

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Om Pardi (INA) - December 2021
音樂: Up - INNA



No Tag - No Restart

S1: ROCKING CHAIR, FORWARD LOCK SHUFFLE, SIDE MAMBO (LEFT, RIGHT)

1&2& Rock R forward, Recover on L, Rock R back, Recover on L
3&4 Step R forward, Lock L behind R, Step R forward
5&6 Rock L to side, Recover on R, Step L next to R
7&8 Rock R to side, Recover on L, Touch R next to L

S2: BACK LOCK SHUFFLE, SIDE, TOUCH, BACK, TOUCH

1&2 Step R back, Cross L over R, Step R back
3&4 Step L back, Cross R over L, Step L back
5-8 Step R to side, Touch L forward diagonally L, Step L back, Touch R forward diagonally R

S3: BACK ROCK, RECOVER, FORWARD LOCK SHUFFLE, PIVOT ¼ RIGHT, CROSS SHUFFLE

1-2 Rock R back, Recover on L
3&4 Step R forward, Lock L behind R, Step R forward
5-6 Step L forward, Make ¼ R turn on R
7&8 Cross L over R, Step R to side, Cross L over R

S4: TURN ¼ LEFT, TURN ¼ LEFT, CROSS SHUFFLE, TURN ½ LEFT, ¼ LEFT CROSS SHUFFLE

1-2 Make ¼ L turn step R back, Make ¼ L turn step L to side
3&4 Cross R over L, Step L to side, Cross R over L
5&6& Make ½ L turn step L forward, Lock R behind L, Make ¼ L turn step L forward, Lock R behind L
7&8 Make ¼ L turn cross L over R, Step R to side, Cross L over R

Begin again

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