

Up

拍數: 48 牆數: 4 級數: Phrased Improver
編舞者: Beth Tiwi (INA) - December 2021
音樂: Up (feat. Demi Lovato) - Olly Murs



Part A 32 count 2 tag A
Part B 16 count, 1 tag B

Seq: AA (tagA wall 6) BB BB (tagB wall 15) AA (tagA wall 24) BB BB AA BB BB

Start on lyric

Part A

I. Walk (R-L)-Lock Shuffle-Rock Forward-Coaster Step

1-2 Step R Forward, Step L Forward
3&4 Step R forward, Lock L Behind R, Step R Forward
5-6 Step R forward, Recover on L
7&8 Step R back , Close L beside R , Step R forward

II. Side Rock-Coaster Step-Side Rock- Turn 1/4 Left Coaster Step

1-2 Step R to R side, recover to L
3&4 Step R back , Close L beside R , Step R forward
5-6 Step L to L side, turn 1/4 Left recover to R
7&8 Step L back , Close R beside L , Step L forward

III. Grapevine R- Paddle Turn 1/4 2x

1234 Step R to R side, Cross L behind R, Step R to R side - Touch L beside R
5-6 Step L Forward, turn 1/4 right step R in place
7-8 Step L Forward, turn 1/4 right step R in place

IV. Cross Point- Jazz Box

1-2 Step L cross over R, Step R touch to side
3-4 Step R cross over L, step L touch to side
5678 Step L cross over R , R back , L side , R forward

Tag A : *K Step*

1-2 Step R to right front diagonal, Touch L beside R
3-4 Step L to left back diagonal, Touch R beside L
5-6 Step R to right back diagonal, Touch L beside R
7-8 Step L to left front diagonal, Touch R beside L

Part B

I. Side Drag-Side Rock (R/L)

1-2 Long Step R to R Side, Drag L to R
3-4 Step R to R side, recover to L
5-6 Long Step L to L Side, Drag R to L
7-8 Step L to L side, recover to R

II. Forward-Kick-Rock Backward-Rock Forward Turn R 1/4

1-2 Step R forward, kick L forward
3-4 Step L Backward, step R backward
5678 Step R forward, step L forward turn Right 1/4, R inplace, step L cross over R

Tag B : *SideRock (R/L)*

1-2 Step R to R side, step L close to R

3-4 Step L to L side, step R close to L

**Happy Dance,
Dancing with your Soul
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