7-Up

拍數: 48 **牆數:** 4 **級數:** Beginner

編舞者: Karen McMillan Clark (USA) - March 2022

音樂: Baby Let's Lay Down and Dance - Garth Brooks

或: We Are Tonight - Billy Currington

No Tags or Restarts - Start with weight on L

S1 (1-8) Walk, Walk, Walk, Kick. Walk, Walk, Walk, Ball Change.

1-4	Walk forward RLR, kick forward L
5, 6, 7 & 8	Walk backwards LRL, ball change RL

S2 (9-16) Walk, Walk, Walk, Kick. Rock, Recover, Turn ½ Around

1-4	Walk forward RLR, kick forward L
5, 6, 7 & 8	Side Rock Recover L-R, Swoop L behind R making a ½ turn LRL

S3 (17-24) Right Weave, Lindy with Rock Step

1-4	Weave to right RLRL (Step R to side, cross L behind, step R to side, cross L in front) {also cued as “step, behind, step, in front”}
5 & 6	Right Lindy; side shuffle RLR moving rightward
7-8	Rock step; Step back on L, recover forward on R

S4 (25-32) Left Weave, Lindy with Rock Step

1-4	Weave to left LRLR (Step L to side, cross R behind, step L to side, cross R in front) {also cued as “step, behind, step, in front”}
5 & 6	Left Lindy; side shuffle LRL moving leftward
7-8	Rock step; Step back on R, recover forward on L

S5 (33-40) “7-UP” Step, Turn, Lunge, Stand, Heel Up

1	Step R beside L but hip distance apart from L.
2	Hold one count; don’t move. Both legs are straight and hip distance apart.
3	Rigid whole body pivot left ¼; keeping weight on both feet, swivel feet slightly turning whole body to the left ¼. Knees are kept straight; no bending.
4	Hold one count; don’t move. Both legs are straight with the L being in front of the R. Both heels are on the ground.
5	L Shallow Lunge; Bend L knee into shallow forward lunge, keep R leg straight. Both heels are on the ground.
6	Hold one count in L shallow lunge position. Both heels are on the ground.
7	Stand straight up; straighten L knee so that both legs are straight and still hip distance apart. Both heels are on the ground.
8	Raise heel of R foot only; both legs remain straight; no bent knees. Only the R heel is off the ground.

S6 (41-48) Rock Recover, Cha-Cha-Cha

1-2	Rock Recover RL; step R foot to side on count 1, put weight on it and sway hips. Stationary L foot lifts only slightly. On count 2 shift weight L to stationary foot (recover) putting weight back on the L foot that stayed in place.
3 & 4	Cha cha cha in place RLR
5-6	Rock Recover RL; step R foot to side on count 1, put weight on it and sway hips. Stationary L foot lifts only slightly. On count 2 shift weight L to stationary foot (recover) putting weight back on the L foot that stayed in place.
7 & 8	Cha cha cha in place LRL

REPEAT