

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

