

Wrapped Up

拍數: 56 牆數: 4 級數: Advanced
編舞者: Brett Ruwe (USA) & Joe Bowen (USA) - June 2022
音樂: Wrapped Up - Olly Murs



Tags/Restarts: 1 Tag/Restart

Intro: 32 Counts - Starts right after "You got the lock"

(1-8) Hip Circle x2, Sailor Step x2

1,2 Roll hips from L to R (1), Bump L hip (2)

3,4 Roll hips from R to L (3), Bump R hip (4)

Styling: On 3rd wall (6:00), freeze on count 1 on the word "stop." Stay frozen for 4 counts and continue the dance from count 5.

5&6 Cross RF behind LF (5), Step LF to L side (&), Step RF to R side (6)

7&8 Cross LF behind RF (7), Step RF to R side (&), Step LF to L side (8)

(9-16) Step, ¼ Turn R, Flick, Shuffle, ½ Turn L, ½ Turn L, ½ Turn L Shuffle

1,2& Step RF forward (1), ¼ Turn R stepping LF to L side (2) Flick RF behind L (&)

3&4 Step RF to R side (3), Step LF next to RF (&), Step RF to R side (4)

5,6 ½ Turn L stepping LF to L side (5), ½ Turn L stepping RF to R side (6)

7&8 ½ Turn L stepping LF to L side (7), Step RF next to LF (&), Step LF to L side (8)

(17-24) Cross, Hold, Step, Hold, Step, ½ Turn L w/ Heel Taps

1,2 Cross RF over LF (1), Hold (2)

3&4 Step LF to L side (3), Hold (4)

5 Step RF forward (5)

&6& Lift both heels (&), Drop both heels (6), Lift both heels (&),

7&8 Drop both heels (7), Lift both heels (&), Drop both heels (8)

During counts &(6) through 8 make a ½ Turn L

(25-32) Kick Ball Cross x2, ½ Turn L Walk

1&2 Kick LF forward (1), Step LF slightly forward on ball of foot (&), Cross RF over LF (2)

3&4 Kick LF forward (3), Step LF slightly forward on ball of foot (&), Cross RF over LF (4)

For counts 1-4 angle body slightly towards right diagonal.

5,6,7 Make a ½ turn over your L shoulder walking L,R,L

8 Touch RF next to LF

(33-40) R Scissor Step, Sweep, Cross, ¼ Turn L Big Step Back, Coaster Step, ½ Turn L, ½ Turn L

1&2 Step RF to R side (1), Step LF back slightly on ball of foot (&), Cross RF over LF sweeping LF around RF (2)

3,4 Cross LF over RF (3), ¼ Turn L taking a big step back with RF dragging LF along (4)

5&6 Step LF back (5), Step RF next to LF (&), Step LF forward (6)

7,8 ½ Turn L stepping RF back (7), ½ Turn L stepping LF forward (8)

(41-48) Toe Drags, Rock, Diagonal Back Side Cross x2

1,2 RF large step forward dragging L toes (1), LF large step forward dragging R toes (2)

3,4 RF large step forward dragging L toes (3), Rock LF forward (4)

Tag/Restart will occur here on 5th wall

5&6 Step RF to back R diagonal (5), Step LF to L side (&), Cross RF over LF (6)

7&8 Step LF to back L diagonal (7), Step RF to R side (&), Cross LF over RF (8)

(49-56) Step, Cross, Step, ¼ Turn L Hitch Heel Hitch Step, ½ Turn L, ½ Turn L, Walk x2

1&2 Step RF to R side (1), Cross LF over RF (&), Step RF to R side (2)

&3&4 ¼ turn L hitching L knee (&), Touch L forward (3), Hitch L knee (&), Step LF forward (4)
5,6 ½ Turn L stepping RF back (5), ½ Turn L stepping LF forward (6)
7,8 Step RF forward (7), Step LF to L side (8)

TAG: 4 Count Tag:

Walk or jump for 4 counts over your right shoulder from 6:00 to the 12:00, continue dance starting from count 33 until end of song

For any questions or concerns contact Bruwe740@gmail.com

ADD SOME STYLE AND HAVE FUN!!!

Last Update - 30 Sept. 2022 - R2
