

UP pup pup ..

拍數: 32 牆數: 4 級數: Beginner
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音樂: Up - INNA



Intro 16 counts

Begin on the word "Once"

S1: TOE STRUTS WITH HIP BUMPS (RL), BOUNCE UNWIND 1/2 L

1&2 Touch RF toes forward & bump hips RLR, (step heel down on count 2)
3&4 Touch LF toes forward while bumping hips LRL, (step LF heel down on count 4)
5-8 Step RF over L, Unwind incrementally 1/2 left (heel bounces on 6,7,8)

S2: SHUFFLE FWD (2X), CHUG 1/8 TURN L (2X), STOMP RL

1&2 Shuffle fwd RLR
3&4 Shuffle fwd LRL
5-6 Turn 1/8 L & Chug RF to side, Turn 1/8 L & Chug RF to side
7-8 Stomp RF to centre, Stomp LF together (3:00)

S3: RF SHUFFLE FWD, PIVOT 1/2 R, LF SHUFFLE FWD, SWAY RL

1&2 Shuffle fwd RLR
3-4 Step LF forward, Pivot 1/2 R
5&6 Shuffle fwd LRL
7-8 Step RF Right and Sway R, Sway left (09:00)

S4: JAZZ BOX CROSS, V-STEP

1-2 Cross RF over Left, Step Left back
3-4 Step RF to side, Cross LF over R
5-6 Step RF diagonally forward right, Step LF left
7-8 Step RF back to centre, Step LF together

No Tags, No Restarts

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