

Down and UP

拍數: 32 牆數: 2 級數: Improver
編舞者: Oli Geir (ICE) & Hugrun (ICE) - May 2023
音樂: Up - INNA



(16 Counts Intro)

Phrasing - 2 Restarts

(1-8) Walk Forward R, L. Right Mambo. Walk Back L. R. Sailor ¼ Turn L.

1-2 Walk forward R. Walk forward L.
3&4 Rock forward on R. Recover on L. Step back on R.
5-6 Step back L. Step back R.
7&8 Sweep step L behind R. Turn ¼ turn left stepping R to right side. Step L in place (9)

(9-16) R Cross Samba. L Cross Samba ¼ Turn L. Point Side R, L. Heel Touches.

1&2 Step R across L. Step on ball of L to left side. Recover on R.
3&4 Step L across R. ¼ turn L, stepping on ball of R to R side. Recover on L. (6)
5&6& Point L. to L side. Step L next to R. Point R. to R side. Step R. next to L.
7&8& Touch R heel forward. Step R. next to L. Touch L. heel forward. Step L. next to R.

Restart 1 - on wall 2, facing 12 o'clock

Restart 2 - on wall 6, facing 12 o'clock

(17-24) Step Pivot ½ Turn L. Hip Bumps R & L. Step Forward, Together, Back.

1-2 Step forward on R, Pivot ½ turn left. (12)
3&4 Touch R diagonally R bump hip R. Bump hip L. Take weight on R.
5&6 Touch L diagonally L, bump hip L. Bump hip R. Take weight on L.
7&8 Step forward on R. Step L next to R. Step back on R.

(25-32) Step Back. Together. Step, L Lock Step. Pivot ½ Turn Left. Full Turn Left.

1-2 Step long step back on L. Drag R stepping next to L.
3&4 Step forward on L, Lock step R behind L, Step forward on L.
5-6 Step forward on R. Pivot ½ turn L. (6)
7-8 Turn ½ turn L stepping back on R. Turn ½ turn L stepping forward on L. (6)

(Option: to skip full turn step forward R. L.)

Enjoy and Happy Dancing
