

Falling Up

拍數: 32 牆數: 4 級數: Improver
編舞者: Helena Jeppsson (SWE) - July 2023
音樂: Falling Up - Adekunle Gold, Pharrell Williams & Nile Rodgers



Walk fwd x2, mambo step, walk back x2, mambo step

1, 2 Walk fwd on RF, LF
3&4 Rock fwd on RF, recover onto LF, step back on RF
4, 5 Walk backwards on LF, RF
6&7 Rock back on LF, recover onto RF, step fwd on LF

Side mambo cross x2, jazzbox w/ 1/4 turn R

1&2 Rock RF to right side, recover onto LF, step fwd on RF
3&4 Rock LF to left side, recover onto RF, step fwd on LF
5, 6 Cross RF over LF, turn a 1/4 turn R stepping back on LF
7, 8 Step RF to right side, cross LF over RF

Out, out, side triple R, out, out, side triple L

1, 2 Step RF to right side, step LF to left side
3&4 Step RF to right side, step LF beside RF, step RF to right side
5, 6 Step LF to left side, step RF to right side
7&8 Step LF to left side, step RF beside LF, step LF to left side

Jazzbox, V-step

1, 2 Cross RF over LF, step back on LF
3, 4 Step RF to right side, step fwd on LF
5, 6 Step RF slightly fwd out to right side, step LF to left side
7, 8 Step RF back to center, step LF beside RF

Restart on wall 10 after doing the first 8 counts + last 4 counts
