

Level Up

拍數: 32 牆數: 4 級數: Improver
編舞者: Lisa Wetzler (USA) - September 2023
音樂: Level Up - C.U.T.



USLDCC First Place Choreography Winner at the Edge 2024 Intermediate/Advanced Division

No Tags, No Restarts. Dance Begins When Lyrics Start.

[1-8] Step out RL, RL Knee pops, Jump together, Step forward R, Left Chase turn.

- 1,2 Step wide R forward, step L wide forward with slight bent in knees.
3&4& Invert R knee toward L knee, pop R knee back out, invert L knee toward R knee, pop L knee back out.
5,6 Jump up with feet together, step forward R.
7&8 Step forward L, pivot ½ turn right (now facing 6:00) weighted on R, step forward L.

[9-16] Point RLR, ¼ turn right with R hitch, traveling back R pony x 2, walk back LR with shimmy.

- 1,2,3 Point R to right side, point L to left side, point R to right side.
4 Pivot on L while making ¼ turn right (clockwise) to face 9:00 and hitching R knee up.
5&6 Step back on R while hitching L knee up, step down on ball of L next to R, step back on R as you hitch L knee.
7,8 walk back LR while shimmying shoulders.

[17-24] L Ball step with slide with body roll, hold, point L to left side, touch L to R, ¼ turn left with step forward on L with R drag to meet with L, R ½ turn pivot, princess walk forward RL.

- &1,2 Step ball of L slightly back, step forward R, while L dragging next to R body roll up.
3&4 Point L to left side, touch L next to R, ¼ turn left step forward L while dragging R next to L (counterclockwise to face 6:00).
5,6 Step forward R, pivot ½ turn left (counterclockwise to face 12:00). Weighted on L.
7,8 Walk forward with slight crossing of R over L, walk forward with slight crossing of L over R.

[25-32] Step out RL, forward knee pops with heel lift, modified jazz box with ¼ turn right, heel swivel, ¼ turn right heel bounce, ¼ turn R flick.

- &1 Step out R to right side, step out L to left side (about shoulder width apart).
&2 Lift RL heels while bending knees, place heels back down and straighten knees. End weighted on L.
3,4,&5 Step R over L, Step back on L, 1/8 turn step R forward, 1/8 turn step L forward (now facing 3:00).
&6 Swivel heels up and forward, place heels down and back.
&7& Make ¼ turn right (now facing 6:00) while lifting heels, place heels down, lift heels.
8 place heels down as you flick R behind L while making ¼ turn right (facing 9:00).
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