

Can Only Go Up

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: High Improver
編舞者: Charlotte Macari (UK) & Sophie Stevens (UK) - October 2023
音樂: Up! (Red) - Shania Twain : (iTunes, Spotify and Amazon)



#28 count intro, on Vocal "Be"

SEC 1 Step, Step, Shuffle, Rock, Coaster Step

1-2 Step right forward, step left forward
3&4 Step right forward, step left beside right, step right forward
5-6 Rock left forward, recover weight onto right
7&8 Step left back, step right beside left, step left forward

SEC 2 Toe Strut Hip Bumps, Toe Strut Hip Bumps, Step, ¼ Pivot, Step, ¼ Pivot

1&2 Point right forward bumping right hip forward, bumping left hip back, bump right hip forward transferring weight onto right
3&4 Point left forward to left diagonal bumping left hip forward, bump right hip back, bump left hip forward transferring weight onto left
5-6 Step right forward, pivot ¼ left transferring weight on to left (9:00)
7-8 Step right forward, pivot ¼ left transferring weight on to left (6:00)

SEC 3 Cross, Point, Cross, Point, ¼ Jazzbox Cross

1-2 Cross right over left, point left to left
3-4 Cross left over right, point right to right
5-6 Cross right over left, turn ¼ right step left back (9:00)
7-8 Step right to right, cross left over right

SEC 4 Side Shuffle, Back Rock, Heel, Toe, Side Shuffle

1&2 Step right to right, step left beside right, step right to right
3-4 Rock left back, recover weight onto right
5-6 Point left heel forward to left diagonal, touch left behind right
7&8 Step left to left, step right beside left, step left to left

SEC 5 Behind, Side, Cross, ¼ Flick, Step Hip Bumps, ½ Step Hip Bumps

1-2 Step right behind left, step left to left
3-4 Cross right over left, turn ¼ right flick left back (12:00)
5&6 Step left forward bumping left hip forward bump right hip back, bump left forward
7&8 Turn ½ right step right forward bumping right hip forward, bump left hip back, bump right hip forward (6:00)

SEC 6 Heel Switches, Rock, Together, Heel Switches, Step, ¼ Pivot

1& Touch left heel forward, step left beside right
2& Touch right heel forward, step right beside left
3-4& Rock left forward, recover weight onto right, step left beside right
5& Touch right heel forward, step right beside left
6& Touch left heel forward, step left beside right
7-8 Step right forward, pivot ¼ left transferring weight on to left (3:00)

SEC 7 Heel, Switches, Rock, Together, Heel Switches, Shuffle

1& Touch right heel forward, step right beside left
2& Touch left heel forward, step left beside right
3-4& Rock right forward, recover weight onto left, step right beside left
5& Touch left heel forward, step left beside right

6& Touch right heel forward, step right beside left
7&8 Step left forward, step right beside left, step left forward

SEC 8 Heel, ¼ Grind, Back Rock, Stomp, Stomp, Heel, Hook

1-2 Touch right heel forward, turn ¼ right grinding heel step left back (6:00)

3-4 Rock right back, recover weight onto left

***Restart Here on Wall 1 and 2**

5-6 Stomp right to right, stomp left to left

7-8 Touch right heel forward, hook right over left

Ending After 20 Counts of Wall 6, Step Right forward
