

Up! (奮勇向上)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Xiazi Chen (CN) - January 2024
音樂: Up! - Shania Twain



Intro: 24 Counts
No Tags, 2 Restarts

[1--8] Stomp , Hold, Point, Together, Point, Touch, Heel Touch, Together

&1--4 Stomp R forward (&), Hold (1) , Hold (2) , Point R to R (3) ,Step R beside L (4) (12:00)
5--8 Point L to L (5), Touch L beside R (6), Touch L heel forward (7), Step L beside R (8)

[9--16] Rumba Box

1 -- 4 Step R to R (1), Step L beside R (2), Step R forward (3), Touch L beside R (4)
5 -- 8 Step L to L (5), Step R beside L (6), Step L back (7), Touch R beside L (8)

[17--24] 1/4 R Toe Strut x2 , 1/4 R Back , Back, Coaster

1 -- 2 1/4 Turn R touch R toe forward (1), Step R down (2) (3:00)
3 -- 4 1/4 Turn R touch L toe to L (3) , Step L down (4) (6:00)
5 -- 6 1/4 Turn R step R back (5), Step L back (6) (9:00)
7 & 8 Step R back (7), Step L beside R (&), Step R forward (8)

[25--32] Forward, Forward, Shuffle, Rocking chair

1 -- 2 Step forward L R (1 2)
3 & 4 Step L forward (3), Step R beside L (&), Step L forward (4)

Restarts: Here on wall 3 & 7 (Facing 3:00)

5 -- 6 Rock forward on R (5), Recover weight on L (6)
7 -- 8 Rock back on R (7), Recover weight on L (8)

Enjoy!

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Last Update: 23 Jan 2024