

Grow Up

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BY STEPHEN

拍數: 32 牆數: 2 級數: Advanced
編舞者: Shelly Tudor (USA) - June 2024
音樂: Grow Up - KennLynn



***3 Tags; 0 Restart

Intro: 32 Cts

Sequence: 32, Tag 1, 32, Tag 2, 32, Tag 1, 32, Tag 3, 32, Tag 2, 32, Tag 3, 32 Special ending

STEP LOCK STEP, PRESS DRAG, COASTER STEP, HEEL HEEL, TOE TOE

1&2 Step R foot fwd (1) Step L behind R foot (&) Step R foot fwd (2)
3,4 Press L foot fwd (3) Drag R heel back (4)
5&6 Step L foot back (5) Step R foot beside L foot (&) Step L foot fwd (6)
&7&8 Step R heel fwd (&) Step L heel fwd (7) Step back on R toe (&) Step back on L toe (8) (12:00)

BALL CROSS, STEP WHOLE TURN, DIAGONAL KICK, BEHIND SIDE CROSS, SLIDE

&1,2 Step on ball of R foot (&) Cross left foot over R foot (1) Step R foot fwd while making ¼ turn over R shoulder (2)
3&4& Step L foot to L side while making ¼ turn over R shoulder (3) Step R foot to R side while making a ¼ turn over R shoulder (&) Step L foot to L side while making a ¼ turn over R shoulder (4) Kick R foot diagonally (&)
5&6 Step R foot behind L foot (5) Step L foot to L side (&) Cross R foot over L foot (6)
7,8 Step L foot to L side (7) Slide R foot into L foot (8) (12:00)

BALL STEP PRESS HOLD, BALL STEP PRESS HITCH, STEP SWEEP, STEP SWEEP, COASTER STEP

1,2 Step fwd on ball of R foot (1) Hold (2)
&3,4 Step R foot next to L foot (&) Step fwd on ball of L foot (3) Hitch L knee (4)
5,6 Step back on L foot while sweeping R foot front to back (5) Step back on R foot while sweeping L foot front to back (6)
7&8 Step L foot backward (7) Step R foot next to L foot (&) Step L foot fwd (8) (12:00)

STEP, ½ TURN BOUNCE, COASTER STEP, SWEEP, SWEEP

1,2 Step R foot fwd (1) Bounce both feet while making a ¼ turn (2)
3,4 Bounce both feet while making a ¼ turn (3) Bounce both feet in place (4)
5&6 Step L foot backward (5) Step R foot next to L foot (&) Step L foot fwd (6)
7,8 Sweep R foot from back to front (7) Sweep L foot from back to front (8) (6:00)

TAG 1 – 8 COUNTS: STOMP FEET AS YOU MAKE A COMPLETE CIRCLE. (THIS TAG HAPPENS TWICE, WALLS 2 AND 4)

1,2 Stomp R foot (1) Stomp L foot (2)
3,4 Stomp R foot (3) Stomp L foot (4)
5,6 Stomp R foot (5) Stomp L foot (6)
7,8 Stomp R foot (7) Stomp L foot (8)

TAG 2 – 20 COUNTS: ROCKING CHAIR, GRAPEVINE R, GRAPEVINE L, ROCK RECOVER SHUFFLE ½ TURN, ROCK RECOVER SHUFFLE ½ TURN (THIS TAG HAPPENS TWICE, ON WALLS 3 AND 6)

1,2 Rock fwd on R foot (1) Rock back on L foot (2)
3,4 Rock back on R foot (3) Rock fwd on L foot (4)
5,6 Step R foot to R side (5) Step L foot behind R foot (6)
7,8 Step R foot to R side (7) Step L foot next to R foot (8)

1,2 Step L foot to L side (1) Step R foot behind L foot (2)

3,4 Step L foot to L side (3) Step R foot beside L foot (4)
5,6 Step R foot fwd (5) Recover back on L foot (6)
7&8 Step R foot to R side while making $\frac{1}{4}$ turn over R shoulder (7) Step L foot next to R foot (&
Step R foot fwd while making $\frac{1}{4}$ turn (8) (6:00)

1,2 Step L foot fwd (1) Recover back on R foot (2)
3&4 Step L foot to L side while making $\frac{1}{4}$ turn over L shoulder (3) Step R foot next to L foot (&
Step L foot fwd while making $\frac{1}{4}$ turn over L shoulder (4) (12:00)

TAG 3 - 4 COUNTS: ROCKING CHAIR (THS TAG HAPPENS TWICE, WALLS 5 AND 7)

1,2 Rock fwd on R foot (1) Rock back on L foot (2)
3,4 Rock back on R foot (3) Rock fwd on L foot (4)

SPECIAL ENDING OF THE DANCE - 8 CTS: ROCKING CHAIR, CROSS UNWIND (HAPPENS ON WALL 8 TO END THE DANCE)

1,2 Rock fwd on R foot (1) Rock back on L foot (2)
3,4 Rock back on R foot (3) Rock back on L foot (4)
5,6 Cross R foot over L foot (5) Hold (6)
7,8 Unwind $\frac{1}{2}$ turnover L shoulder (7) Hold (8) (12:00)

End of dance. Have fun and I can't wait to see how you add your flare to this dance.

Stepsheet Questions: BossLadyLinedancing.com

Choreo Questions: Shelly Tudor (901) 483-1996
