

Up

拍數: 32 牆數: 2 級數: Beginner
編舞者: Hyun Jeong Cha (KOR) - February 2025
音樂: UP - Inna & Sean Paul



Intro: 16 counts - No Tags, No Restarts

[1 – 8] SIDE MAMBO, CROSS×2 / SIDE Rock, Recover, CROSS SHUFFLE ,SIDE, CROSS

1 & 2 RF step Side Rock(1), LF Step Recover(&), RF step Cross(2)
3 & 4 LF step Side Rock(3), RF Step Recover(&), LF step Cross(4)
5& RF step Side Rock(5), LF Step Recover(&)
6&7&8 RF step Cross(6), LF step Side(&), RF step Cross(7), LF step Side(&), RF step Cross(8)

[9 – 16] BACK, SIDE, CROSS SHUFFLE / KICK BALL CROSS×2

1 – 2 LF Step Back(1), RF Step Side(2)
3 & 4 LF step Cross(3), RF step Side(&), LF step Cross(4)
5 & 6 RF Kick(5), RF Ball(&), LF step Cross(6)
7 & 8 RF Kick(7) , RF Ball(&), LF step Cross(8)

[17 – 24] TURN ¼ WEAVE / CROSS Rock, SIDE Rock, CROSS Rock, SIDE

1 – 2& Turn ¼ R RF Step Side(1), LF step Behind(2), RF Step Side(&) (3:00)
3 – 4 LF step Cross(3), RF Step Side(4)
5& 6& LF Step Cross Rock(5), RF Step Recover(&), LF Step Side Rock(6), RF Step Recover(&)
7 & 8 LF Step Cross Rock(7), RF Step Recover(&), LF Step Side (8)

[25 – 32] CROSS MAMBO×2, Jazzbox TURN ¼, CROSS

1 & 2 RF step Cross Rock(1), LF Step Recover(&), RF Step Side(2)
3 & 4 LF step Cross Rock(3), RF Step Recover(&), LF Step Side(4)
5 – 6 RF step Cross(5), Turn ¼ R LF Step Back(6) (6:00)
7 – 8 RF Step Side(7), LF Step Cross(8)

♡♡have a good time♡♡

* 0153033@hanmail.net