

Live It Up

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Terry Hogan (AUS) & Simon Ward (AUS)
音樂: Let's Live It Up - Paul Brandt



- 1-2 Rock/step right foot to the side, rock/replace weight onto left
3-4 Step right across in front of left, brush left foot toward left diagonal
5-6 Step down on left, step right across in front of left
7-8 Step left to the side, step right across in front of left
- 9-10 Make ¼ turn left on ball of right foot & step left foot forward, hold
11-12 Make ¼ turn left on ball of left foot & right toe strut backward
13-14 Make ¼ turn left on ball of right foot & left heel strut forward
15-16 Make ¼ turn left on ball of left foot & right toe strut backward
- These steps should make a box or square pattern**
- 17-18 Left toe strut backward - facing your starting wall
19-20 Step right foot beside left, step left forward
21-22 Step right foot to the side, step left to the side
23-24 Pop/push right knee forward & toward left knee raising heel, drop heel taking weight on right foot
- 25-26 Transfer weight to left foot, step right across in front of left
27-28 Step left to the side, flick the right foot across behind left knee
29-30 Step right foot to the side, hold
31-32 Swivel/fan right heel outward turning knee inward, hold
- 33-34 Bend right knee, straighten knee - left leg stays straight, this will cause a hip drop & the right side of the body to swing forward - right toe is turned in
35-36 Bend right knee, straighten knee (as above)
37-38 Step left to the side & make ¼ turn left, step right beside but slightly apart from left foot
39-40 Swivet to the right, center - use ball of left foot & heel of right & twist so that both toes face the right, then return to center
- 41-43 Step left to the side, step right across behind left, rock/step left to the side
44-46 Step right to the side, step left across behind right, rock/step right to the side
47-48 Step left to the side, step right across in front of left
- 49-50 Make ¼ turn left on ball of right foot & step left foot forward, hold
51-52 Make ½ turn left on ball of left foot & step right foot backward, hold
53-54 Step left foot backward, step right beside left
55-56 Step left foot forward, scuff right foot forward
- 57-58 Step right forward, step left forward to lock behind right
59-60 Step right forward, step left forward to lock behind right
- As you step forward on the lock steps, turn the upper body slightly to the left so that the right shoulder is forward.**
- 61-62 Step right forward, scuff left foot forward
63 Step left foot forward & make ½ turn right
64 Touch right foot beside left

REPEAT

TAG

When dancing to "Let's Live It Up" by Paul Brandt, after wall 2, do counts 1-35 as per the step sheet, then hold for count 36, then restart the dance from count 1. Then do 3 complete walls and do the same restart again.
