

編舞者: Jan Wyllie (AUS)

音樂: Look Up Look Down - Brødrene Olsen



This dance is for Bert and Candy from Townsville who sent me the music

WALK BACK RIGHT-LEFT-RIGHT LOOK UP AND CLICK, WALK FORWARD LEFT-RIGHT-LEFT LOOK DOWN AND CLICK

1-4 Walk back right, left, right, touch left heel forward and look up to your right while clicking right

fingers

5-8 Walk forward left, right, left, touch right beside left while bending slightly forward and looking

down/click finger of left hand

WALK BACK RIGHT-LEFT-RIGHT TOUCH, SIDE STEP STOMP, SIDE STEP STOMP

9-12 Walk back right, left, right, touch left beside right

13-16 Step left to left, stomp right beside left, step right to right, stomp left beside right

With arms overhead sway them left and right as you step left and right

VINE LEFT FULL TURN, STOMP, VINE RIGHT FULL TURN, STOMP

Vine left with a full turn left while stepping left, right, left, stomp right beside left and clap

Vine right with a full turn right while stepping right, left, right, stomp left beside right and clap

If you have problems turning just do a normal vine

SHUFFLE FORWARD, STEP PIVOT ½, SHUFFLE FORWARD, STEP TOUCH

25&26 Shuffle forward left, right, left

27-28 Step forward on right, pivot ½ left transferring weight to left

29&30 Shuffle forward right, left, right

31-32 Step forward on left, touch right beside left

REPEAT

TAG

After walls 1 and 5

1-2-3-4 Step back on right, touch left across right, step forward on left, touch right beside left

TAG

After walls 2 and 6

1-2-3-4 Step back right making ½ left step forward on left, step forward on right, pivot ½ left (weight

left)

5&6-7-8 Shuffle forward right, left, right, rock/step forward on left, rock back on right

9-10-11-12 Step back on left, touch right beside left, touch right toe to right side, touch right beside left

If you can't manage the turns at counts 1,2,3,4 just do a rocking chair

ENDING

The dance would normally end on wall 12 with you facing the back wall. Do the following for a neater ending

1-8 Per the normal dance

9-10 Step back on right starting ½ turn left, complete the turn stepping forward on left

11-12 Rock/step forward on right, rock back on left

13-14-15-16 Step back on right, stomp left beside right and clap, step back on left, stomp right beside left

and clap