

O.G. Up!

拍數: 60 牆數: 4 級數: Improver
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音樂: Up! (Red) - Shania Twain



CROSS STEP & POINTS (FORWARD)

- 1 Step right cross over left
- 2 Point left to left side
- 3 Step left cross over right
- 4 Point right to right side

CROSS STEP & POINTS (BACKWARD)

- 5 Step right cross behind left
- 6 Point left to left side
- 7 Step left cross behind right
- 8 Point right to right side

STEP DEVELOPÉ, STEP POINT

- 9 Step right cross over left
- 10 Développé leg left to left side
- 11 Step left cross over right
- 12 Point right to right side

ROCKING CHAIR

- 13 Rock forward on right
- 14 Recover weight onto left
- 15 Rock back on right
- 16 Recover weight onto left

STEP TOUCH BACK TO RIGHT DIAGONALLY

- 17 Step right back to diagonally
- 18 Touch left beside right
- 19 Step right back to diagonally
- 20 Touch left beside right

STEP TOUCH BACK TO LEFT DIAGONALLY

- 21 Step left back to diagonally
- 22 Touch right beside left
- 23 Step left back to diagonally
- 24 Touch right beside left

TWO KICKS BALL CHANGES

- 25 Kick forward to right foot
- &26 Right foot step beside left foot, left foot step in place
- 27 Kick forward to right foot
- &28 Right foot step beside left foot, left foot step in place

TOUCH RIGHT TOE FORWARD & PUSHING & HEADS MOVEMENTS

- 29 Touch right toe forward
- 30 Push right knee towards left knee, turning body $\frac{1}{4}$ to left & head down $\frac{1}{2}$ to left
- 31 Push right knee towards right & turning head $\frac{1}{2}$ to right

32 Head to up!

RIGHT VINE, SCUFF

33 Step right to right
34 Step left behind right
35 Step right to right
36 Scuff to left foot

TURNING VINE TO LEFT, TOUCH

37 Step left to left side
38 Step right turning $\frac{1}{2}$ to left
39 Step left turning $\frac{1}{2}$ to left
40 Touch right beside left foot

STEP OUT, OUT, IN, IN

41 Step right to right forward diagonally
42 Step left to left forward diagonally
43 Step right to left backward diagonally
44 Step left together

STEP, $\frac{1}{2}$ TURN LEFT, STEP, $\frac{1}{2}$ TURN LEFT

45 Step right forward
46 $\frac{1}{2}$ turn to left
47 Step right forward
48 $\frac{1}{2}$ turn to left

RIGHT SIDE ROCK STEP INTO SLOW SAILOR STEP, RECOVER, $\frac{3}{4}$ TURN

49 Rock step to right side
50 Recover weight onto left
51 Step right behind left foot
52 Step left to left side
53 Step right to right side
54 Recover weight onto left
55 Step right forward turning $\frac{1}{4}$ to left
56 $\frac{1}{2}$ turn to left

TOE STRUTS

57 Step right toe forward turning $\frac{1}{4}$ to left
58 Drop right heel taking weight
59 Step left toe forward
60 Drop left heel taking weight

REPEAT
