

# Pull Up

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Winnie Yu (CAN) - May 2004  
音樂: Pull Up - Mr. Vegas : (2:39)



Intro: 32 counts

\*\*\*Section 1 and 4 – Use the movement and style of The Native Dance.

The peculiar feature of the native dancing is the absence of violent motion; there are no jumping or elaborate pirouettes, no extravagant contortions, and nothing that might be called a precision of step.

The lower limbs play a part of secondary importance to the arms and the dancers indulge in no dizzy gyrations. The feet and hands are kept moving in unison with the slow, monotonous music.

## Sec. 1: STOMP UP RIGHT, (STEP, ¼ TURN, STOMP UP LEFT, STEP) - 2X

- 1-2            Stomp right to right (no weight), step in place
- 3-4            Make a ¼ turn left (9:00) and stomp left to left (no weight), step in place
- 5-6            Make a ¼ turn left (6:00) and stomp right to right (no weight), step in place
- 7-8            Make a ¼ turn left (3:00) and stomp left to left (no weight), step in place

## Sec. 2: STEP TO RIGHT, HOLD , LEFT TOGETHER, HOLD - 2X

- 1-2            Step right to right side, hold  
(Body movement for count 1 - 2: Thrust pelvis back, forward x 4, push R-L arms forward or out freely according to your feeling)
- 3-4            Step left beside right, hold  
(Body movement for count 3 - 4: Thrust pelvis back, forward x 4, push R-L arms forward or out freely according to your feeling)
- 5-6            Repeat count 1 & 2
- 7-8            Repeat count 3 & 4

## Sec. 3: FWD ROCK, RECOVER, BACK ROCK, RECOVER, 1/2L BACK, BACK ROCK, RECOVER, 1/2R BACK , STEP DIAGONAL BACK RIGHT LEFT

- 1-2            Rock forward on right, recover weight onto left
- 3&4            Rock backward on right, (&) recover and make a ½ turn left stepping back onto right (9:00)
- 5&6            Rock backward on left, (&) recover and make a ½ turn right stepping back onto left (3:00)
- 7-8            Step back diagonally on right, step back diagonally on left

## Sec.4: STOMP R-L OUT OUT X2, STOMP R-L IN IN X2, STOMP R-L OUT OUT X2, STOMP R-L IN IN

- 1&2&            Stomp right left out, stomp right left out
- 3&4&            Stomp right left in, stomp right left in
- 5&6&            Stomp right left out, stomp right left out
- 7-8            Stomp right in, stomp left in (3:00)

\*\*Start Again and Have Fun\*\*

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