

Rev It Up

拍數: 72 牆數: 1 級數: Improver
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音樂: Beep! Beep! - 13 Stories



WALK, WALK, SHUFFLE, WALK, WALK

1-2 Walk forward right, left
3&4 Shuffle right, left, right
5-6 Walk forward left, right
7&8 Shuffle left, right, left

PIVOT TURN, SHUFFLE, WALKS, SHUFFLE

1-2 Step right forward, pivot turn ½ left
3&4 Shuffle right, left, right
5-6 Walk forward left, right
7&8 Shuffle left, right, left

ROCK, TRIPLE STEP, ROCK, COASTER STEP

1-2 Rock forward on right, weight back to left
3&4 Triple step ½ turn right, stepping right, left, right
5-6 Rock forward on left, weight back on right
7&8 Step left back, right back, left forward

TOE STRUTS, CHASSE RIGHT, ROCK

1-2 Step right toe right, heel down
3-4 Cross left toe over right, heel down
5&6 Step right to right, close left to right, step right to right
7-8 Rock back on left, return weight to right

TOE STRUTS, CHASSE LEFT, ROCK

1-2 Step left toe left, heel down
3-4 Cross right toe over left, heel down
5&6 Step left to left, close right beside left, step left to left
7-8 Rock back on right, return weight to left

SLIDE, HEEL TAPS

1-4 Step right to right, slide left beside right (weight return to left)
5-8 Step right diagonally forward (weight on toes), tap heel 3 times, put weight on right foot on 3rd tap

Option: snap fingers of right hand once for each heel tap

HEEL TAPS, JUMP, HIP BUMPS

1-4 Step left diagonally forward (weight on toes), tap heel 3 times, put weight on left foot on 3rd tap

Option: snap fingers of left hand once for each heel tap

5-6 Jump back right, left (option: cross arms in front of waist)
7-8 Bump left hip 2 times (option: spread arms out)

STEP SLIDES

1-4 Step right diagonally forward, slide left beside right, step right diagonally forward, slide left beside right and touch

Option: flick right hand up and down at wrist for the 4 counts

5-8 Step left diagonally forward, slide right beside left, step left diagonally forward, slide right beside left and touch

Option: flick left hand up and down at wrist for the 4 counts

Heel twists can be done while doing step slides in above counts 1-8

KICK BACKS

1-2 Kick right forward, step right back

3-4 Kick left forward, step left back

5-6 Kick right forward, step right back

7-8 Kick left forward, step left back

REPEAT
