

Small Up

拍數: 32 牆數: 4 級數: Improver
編舞者: Fran Thomas (USA)
音樂: Small Up and Simple Down - Neal McCoy



ROCK FORWARD RIGHT, COASTER; ROCK FORWARD LEFT, COASTER

1-4 Rock forward on right, recover on left, and (coaster) shuffle back right-left and forward -right
5-8 Rock forward on left, recover on right, and (coaster) shuffle back left-right and forward -left

SIDE ROCK RIGHT, LEFT, COASTER TURN ¼ RIGHT; STEP-TURN, SHUFFLE

1-2 Rock to right side with right, rock to left side with left (sway your body with each rock step)
3&4 Step back on right making a ¼ turn right, step in back with left, step forward on right
5-6 Step forward on left & pivot to make ¼ turn right stepping forward with right (in a sway-type motion)
7&8 Shuffle forward, left-right-left

KICK-BALL-CHANGE, FORWARD. HEEL, HOLD; &-STEP RIGHT, LEFT, BRUSH, CROSS-SHUFFLE BACK

1&2 Kick right forward, step in place with right, step forward on left
3-4 Place right heel forward and hold for 1 count
&5-6 Step right in place, step forward on left, brush right foot forward to cross over left
7&8 Shuffle back: step right across left, step on left, step on right across left (in a hop-like motion)

LEFT DIAGONAL ROCK, RECOVER, COASTER SHUFFLE; JAZZ RIGHT TURNING TO RIGHT WALL

1-2 Rock forward on left at a left diagonal, recover on right
3&4 Coaster shuffle: left back, right back, left forward (still at a slight left diagonal)
5-8 Jazz: cross right over left, step back on left, make 3/8 turn right stepping right forward, step left in place

When making the turn in the jazz step, you are turning to face the wall to your right, so it is a little more than ¼ to make up for the left diagonal position

REPEAT
