

Smarten Up

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Gerard Murphy (CAN)
音樂: Don't Be Stupid (You Know I Love You) - Shania Twain



- 1&2& Step in place; right, left, right, left
3&4& Step right heel forward, step left in place, step right toe behind, step left in place
5&6& Scuff right forward, ¼ turn to the left on left, stomp right & hold
7&8 Shuffle right, left, right to right
- 9& Cross/step left behind right, slide/hop back on left while hitching right
10& Cross/step right behind left, slide/hop back on right while hitching left
11&12& Cross/step left behind right, clap, clap, hold
13& Cross/step right behind left, slide/hop back on right while hitching left
14& Cross/step left behind right, slide/hop back on left while hitching right
15&16 Cross/step right behind left, clap, clap
&17 Hop back on left, hop forward on right (switching position from 15)
18 With weight on right heel and left ball, swivel both to the left as one unit (right swivels left, left swivels right)
19&20 Swivel both back in place, swivel both as in 18, swivel both back in place
- 21&22 Step right to right, step left in place, cross right over left
23 Pivot on right making ¾ turn to the left with weight transferring to left
24& Scuff right next to left, hop in place on left
25-26 Step right heel to right, step left behind right
&27 Quickly step right to right, cross and step left over right
&28 Quickly step right to right, cross and step left behind right
&29 Quickly step right to right, cross and step left over right
30 Pivot on left making ¾ turn to the right with weight transferring to right
- 31&32 Shuffle forward (left, right, left)
- 33&34&35& Quickly cross & step right over left, step left ball to left still behind right (repeat 2 more times)
36& Quickly cross & step right over left, hitch left knee
37&38&39& Quickly cross & step left over right, step right ball right still behind left (repeat 2 more times)
40& Quickly cross & step left over right, hitch right knee

REPEAT

Arms are at sides throughout the dance except for the following:

ARM MOVEMENTS FOR COUNTS 31-40 ON FRONT & BACK WALLS ONLY:

- 31&32 Grasp hands with dancers on your right & left and
33-36 In a swooping motion raise them to shoulder height as you begin the cross-ball steps. Hold hands in this position for counts 33-36
37-40 Drop arms to sides, still grasped
41 Release hands

ARM MOVEMENTS FOR COUNTS 33-40 ON SIDE WALLS ONLY:

- 33-36 Cross right forearm in front of stomach with arm turned in cross left forearm behind back, facing out
37-40 As above - with opposite arms!

HEAD MOVEMENTS FOR COUNTS 33-40 (ALWAYS!)

33-36 Head turns left

37-40 Head turns right
