

Spice It Up And Up

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Improver
編舞者: Michael Seurer (USA)
音樂: Up! - Shania Twain



This dance is an extended version of Spice It Up

MODIFIED JAZZ SQUARES

1 Cross right foot over in front of left and step
2 Step back slightly on left foot
3&4 Back shuffle(right, left, right)
5 Cross left foot over in front of right and step
6 Step back slightly on right foot
7&8 Back shuffle (left, right, left)
9-16 Repeat counts 1-8

FORWARD STEPS WITH HEEL TAPS

17 Step forward on right foot with toe lead
18-20 Tap right heel 3 times
21 Step forward on left foot with toe lead
22-24 Tap left heel 3 times
24-32 Repeat counts 17-24

CROSS TOUCHES

33 Touch right foot to the right
34 Cross right foot over in front of left and step
35 Touch left foot to the left
36 Cross left foot over in front of right and step
37-40 Repeat counts 33-36

KICK BALL CHANGE, MILITARY PIVOT ½ TO THE LEFT, STOMPS

41 Kick right foot forward
& Step on ball of right foot next to left
42 Step on left foot
43&44 Repeat counts 41& 42
45 Step forward on right foot while turning ½ to the left
46 Shift weight to left foot
47 Stomp right
48 Stomp left foot next to right and clap hands

REPEAT
