

Step It Up A Gear

拍數: 0 牆數: 0 級數:
編舞者: Andy Dixon
音樂: Tragedy - Steps



Sequence: ABC, AB, 9-16 of C, B, 9-16 of C

SECTION A

HITCH, TOUCH, HITCH, TOUCH, HIP BUMPS TWICE

- &1&2 Hitch right knee. Touch right toe to right side. Hitch right knee. Touch right toe to right side
3&4 Bump hips-right, left, right.
&5&6 Hitch left knee. Touch left toe to left side. Hitch left knee. Touch left toe to left side.
7&8 Bump hips-left, right, left.

KICK BALL TOUCH, TOE SWITCHES TWICE

- 9&10 Kick right foot forward. Step right in place. Touch left toe to left side.
&11 Step left to center. Touch right toe to right side.
&12 Step right to center. Touch left to left side.
13&14 Kick left foot forward. Step left in place. Touch right toe to right side.
&15 Step right to center. Touch left to left side
&16 Step left to center. Touch right to right side.

RIGHT AND LEFT ROLLING VINES

- 17-20 Make a rolling vine to the right.
21-24 Make a rolling vine to the left.

SIDE TOUCHES, CROSS UNWIND, WALKS

- 25-26 Touch right toe to right side. Touch right back to center.
27-28 Touch left toe to left side. Touch right back to center.
29-30 Cross right over left. Unwind ½ turn to the left.
31-32 Walk forward-right, left.

33-64 Repeat steps 1-32

HEEL BOUNCES

- 65-70 Bounce right heel in place 6 times.

SECTION B

HANDS (TRAGEDY)

- 1-2 Put your hands up beside your ears
3&4 Bump hips-right, left, right
5 Raise your right arm in the air to the right
6 Raise your left arm in the air to the left
7 Clasp both hands together on your heart
8 Stretch both arms out straight in front with you palms up

HANDS (TRAGEDY), OUT, OUT, IN, IN

- 9-12 Repeat steps 1-4
13-14 Step right out to right side. Step left out to left side
15-16 Step right to center. Step left to center

STEP TOGETHER, STEP TOGETHER, STEP TOGETHER, STEP TOGETHER

- 17-18 Step left to left side. Step right next to left
- 19-20 Step left to left side. Step right next to left.
- 21-22 Step right to right side. Step left next to right.
- 23-24 Step right to right side. Step left next to right.

HAND AND ARM MOVEMENTS WITH SHOULDER PUSHES

- 25-26 Extend right arm forward. Extend left arm forward
- 27 Put your hands up beside your ears.
- & Swing your right arm out to the right with your left hand on your left hip.
- 28 Swing your left arm out to the left with your hand on your right hip
- 29 Hold your right arm out with palm facing forward (stopping the traffic)
- 30-32 Roll or push your left shoulder forward 3 times making ½ turn left.

- 33-64 Repeat steps 1-32

SIDE SHUFFLES WITH ROCKS

- 65&66 Step right to the side. Close left beside right. Step right to the right side
- 67-68 Rock back on left. Rock forward on right.
- 69&70 Step left to left side. Close right beside left. Step left to left side.
- 71-72 Rock back on right. Rock forward on left.

- 73-80 Repeat steps 65-72

HEEL SWITCHES

- 81&82 Touch right heel forward. Step right to center. Touch left heel forward.
- &83-84 Step left to center. Touch right heel forward. Hold.
- &85 Step right to center. Touch left heel forward.
- &86 Step left to center. Touch right heel forward.
- &87-88 Step right to center. Touch left heel forward. Hold.

WALKS, RIGHT & LEFT SHUFFLES

- & Step left to center.
- 89-92 Walk forward-right, left, right, right
- 93&94 Step right forward. Close left beside right. Step right forward.
- 95&96 Step left forward. Close right beside left. Step left forward.

STOMPS, SWIVELS, STOMPS, HEEL, TOE, HEEL

- 97-98 Stomp right forward. Stomp left behind right heel. (3rd position)
- 99&100 Swivel heels out. Swivel heels in. Swivel heels out.
- 101-102 Stomp right to right side. Stomp left to left side. (shoulder width apart).
- 103&104 Swivel heels in. Swivel toes in. Swivel heels in.

SECTION C

SHOULDER PUSHES

- 1-8 Roll or push shoulders forward making ½ turn left

STEP ½ TURN, RIGHT & LEFT SHUFFLES, WALKS

- 9-10 Step right forward. Pivot ½ turn left.
- 11&12 Step forward right. Close left beside right. Step right forward.
- 13&14 Step left forward. Close right beside left. Step forward left.
- 15-16 Walk forward-right, left.

- 17-24 Repeat steps 9-16

