

Straight Up

拍數: 32 牆數: 4 級數: Improver
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音樂: Scandalous - Mis-Teeq



WALK RIGHT, LEFT, OUT-OUT(RIGHT, LEFT), LOOK BEHIND(LEFT, RIGHT)

- 1 Step right foot forward
- 2 Step left foot forward
- 3 Step right foot out to the right side
- 4 Step left foot out to the left side
- 5 Turn upper body to the left and look back over left shoulder (8:00)
- 6 Turn upper body back in front, face front
- 7 Turn upper body to the right and look back over right shoulder (4:00)
- 8 Turn upper body back in front, face front

¼ PIVOT, APPLEJACKS, SAILOR STEP 2X

- & Bend knees
- 1 Step forward on right foot turn ¼ left
- 2 Put right foot next to left foot
- 3 Swivel left toes to left-right heel to left (feet are in V position with toes pointed out)
- & Swivel left toes back to center-right heel back to center (transfer weight)
- 4 Swivel right toes to right-left heel to right (feet are in V position with toes pointed out)
- & Swivel right toes back to center-left heel back to center (transfer weight)
- 5&6 Step right foot behind left foot, & step left foot to left side, step right foot to right side
- 7&8 Step left foot behind right foot & step right foot next to left foot, step left foot forward

STEP OUT 1/8 SHOULDER PUSH, ¼ PIVOT, STEP OUT 1/8 SHOULDER PUSH, ¼ PIVOT

- 1 Right foot step out 1/8 to left side(7:30) pushing your right shoulder to front
- & Recover weight on left foot
- 2 Weight on right foot pushing your right shoulder to front
- 3 Put right foot extended next to left foot
- 4 Left foot next to right foot, step out on left foot turn ¼ turn right (12:00)
- 5 Left foot step out 1/8 to right side(1:30) pushing your left shoulder to front & recover weight on right foot
- 6 Weight on left foot pushing your left shoulder to front
- 7 Put left foot extended next to right foot
- 8 Right foot next to left foot, step out on right foot ¼ turn left(9:00)

DIXIE KICK, SWIVEL ½ TURN, BODY ROLL

- 1 Kick right foot with heel forward
- 2 Kick again
- & Weight on right foot
- 3&4 Swivel both feet ¼ left (3:00)
- 5 Step out on left foot en start body roll to left
- 6 Hold
- 7&8 Finish body roll

REPEAT