

Straighten Up

拍數: 0 牆數: 0 級數:
編舞者: EmCee (UK)
音樂: Straighten Up and Fly Right - Robbie Williams



Sequence: AB, ACB, AA, BB, A, TAG
For Beginners just use Part A, making it a 4 wall dance

PART A

FORWARD SHUFFLE, SCUFF, FORWARD SHUFFLE, SCUFF

1-2-3 Step forward on right, step left behind right, step forward on right
4 Scuff left forward
5-6-7 Step forward on left, step right behind left, step forward on left
8 Scuff right forward

SWAY HOLD, SWAY HOLD, SWAY SWAY, SWAY HOLD

1-2 Step right to right side swaying hips to right, hold
3-4 Sway onto left, hold
5-6 Sway onto right, sway onto left
7-8 Sway onto right, hold

SIDE SHUFFLE, HITCH, SIDE SHUFFLE, ¼ TURN HITCH

1-2-3 Step left to left side, step right next to left, step left to left side
4 Hitch right knee across left knee
5-6-7 Step right to right side, step left next to right, step right to right side
8 Swivel ¼ left on right as you hitch left foot across right

LOCK STEP, TOE STRUT, ¼ TURN TOE STRUT, ¼ TURN TOE STRUT

1-2 Step forward on left, step right behind left
3-4 Step left toe forward, step left heel down
5-6 ¼ turn left step right toe to right side, step right heel down
7-8 ¼ turn left step toe forward, step left heel down

PART B

SCUFF HEEL CROSS, SIDE HEEL CROSS, SIDE HEEL CROSS, ROCK RECOVER

1-2 Scuff right heel forward, step right heel in front of left
3-4 Step left to left side as you swivel right to right diagonal, step right heel in front of left
5-6 Step left to left side as you swivel right to right diagonal, step right heel in front of left
7-8 Rock left to left side, recover weight onto right foot

SCUFF HEEL CROSS, SIDE HEEL CROSS, SIDE HEEL CROSS, ROCK RECOVER

1-2 Scuff left heel forward, step left heel in front of right
3-4 Step right to right side as you swivel left to left diagonal, step left heel in front of right
5-6 Step right to right side as you swivel left to left diagonal, step left heel in front of right
7-8 Rock right to right side, recover weight onto left foot

SCUFF CROSS, UNWIND ½ TURN, SWIVELS X 4

1-2 Scuff right heel forward, cross right in front of left
&3&4 Raise both heels as you swivel ¼ left, drop heels (twice)
5 Step left toe to right instep as you swivel to right diagonal
6 Swivel to left diagonal as you step back on right
7-8 Repeat 5-6

ROCK RECOVER, TURNING TOE STRUTS X 3 (FULL TURN)

- 1-2 Rock back on left, recover onto right
- 3-4 Swivel $\frac{1}{4}$ turn right on right step left toe to left side, swivel on both $\frac{1}{4}$ right stepping left heel down
- 5-6 Swivel $\frac{1}{2}$ turn right on left step right toe forward, step right heel down
- 7-8 Step left toe forward, step left heel down

PART C

TAP TAP, TOE STRUT, TAP TAP, TOE STRUT

- 1-2 Facing right diagonal step right toe forward. Step right toe in place
- 3-4 Step right toe forward, step right heel down
- 5-6 Facing left diagonal step left toe forward, step left toe in place
- 7-8 Step left toe forward, step left heel down

TOE STRUT, TOE STRUT, ROCK RECOVER, SIDE HOLD

- 1-2 Still facing left diagonal step right toe forward, step right heel down
- 3-4 Step left toe forward, step left heel down
- 5-6 Rock forward on right, recover on left
- 7-8 Step right to right side as you face front, hold

BEHIND $\frac{1}{4}$ TURN SIDE, SWAY HOLD, SWAY HOLD, SWAY HOLD

- 1-2 Step left behind right, $\frac{1}{4}$ turn right step right to right side
- 3-4 Step left to left side swaying hips to left, hold
- 5-6 Sway to right, hold
- 7-8 Sway to left, hold

ROCK BEHIND RECOVER, SIDE HOLD, ROCK BACK RECOVER, FORWARD HOLD (3)

- 1-2 Rock right behind left, recover weight onto left
- 3-4 Step right to right side, hold
- 5-6 Rock back on left, recover weight onto right
- 7-8 Step forward on left leaning forward, click fingers (or hold)

TAG

At end

TOE STRUTS X 3, SCUFF, HOLD

- 1-2 Facing right diagonal step right toe forward, face front stepping right heel down
 - 3-4 Facing left diagonal step left toe forward, face front stepping left heel down
 - 5-6 Facing right diagonal step right toe forward, step right heel down
 - 7-8 Still facing right diagonal swing left backwards, scuff forward
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