

# Surf's Up

拍數: 20      牆數: 4      級數: Beginner  
編舞者: "Rodeo" Ruth Lambden (UK)  
音樂: Surf Medley - Junior Brown



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## SURF & SWIM

- 1            Step forward on right leg
- 2-4        Bend the knees, arms out to sides (to keep your balance) and surf for 3 counts
- 5            Step right foot back in place
- 6-8        Keeping knees slightly bent, take arms up to "breaststroke position" & swim for 3 counts

## JUMP CLAP - JUMP, ¼ TURN CLAP

- 9            Jump slightly forward on both feet
- 10          Clap
- 11          Jump with both feet turning ¼ to left
- 12          Clap

## STRUT, STRUT

- 13          Take right heel to touch floor in front
- 14          Slap right toes down, taking weight on to right foot
- 15          Take left heel to touch floor in front
- 16          Slap left toes down, taking weight on to left foot

## KICK, CROSS, ½ TURN

- 17          Kick right foot forward
- 18          Cross right foot over left, evenly balance the weight
- 19-20      Turn ½ around to left

## REPEAT

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