

Take Me Up

拍數: 32 牆數: 2 級數: Beginner
編舞者: Lorraine Susan Taylor (UK)
音樂: Spirit In the Sky - Norman Greenbaum



SYNCOPATED GRAPEVINE, STEP TAP, HIP BUMPS

1-2 Step right foot to right, cross left foot behind right foot
&3 Step right foot to right, cross left foot over right foot
4 Tap right toe to right
5-6 Cross right foot over left foot, tap left toe to left
7&8 Bump hips left, right, left taking weight onto left foot, count 8

TWIST TURN, HEEL BOUNCES, STOMP & TWIST

9-10 Cross right foot over left foot, turn $\frac{1}{2}$ to left, (weight on both feet)
&11 Lift both heels, put heels down
&12 Lift both heels, put heels down
13-14 Stomp right foot forward, stomp left foot small step to left
15-16 Twist heels to left, twist heels to right

Applejacks may be danced in place of twists

SHUFFLE, PIVOT TWICE

17& Step right foot to right, close left foot to right foot
18 Step right foot to right, turning $\frac{1}{4}$ to right
19-20 Step left foot forward, pivot $\frac{1}{2}$ turn to right, weight on right foot
21&22 Step left foot forward, close right foot to left foot, step left foot forward
23-24 Step right foot forward, pivot $\frac{1}{4}$ turn to left, weight on left foot

KICK BALL CHANGE, PIVOT, STOMP, KICK, COASTER STEP

25&26 Kick right foot forward, step ball of right foot to left foot, replace weight onto left foot
27-28 Step right foot forward, pivot $\frac{1}{2}$ turn to left, (weight on left foot)
29-30 Stomp right foot to left foot, kick left foot forward
31&32 Step left foot back, close right foot to left foot, step left foot forward

REPEAT
