

Tearin' It Up

拍數: 64 牆數: 2 級數: Advanced
編舞者: Brian Codrey
音樂: Tearin' It Up - Joe Diffie



SIDE TOUCHES WITH HOLDS; SIDE TOUCHES WITH CROSS-STEP

- 1-2 Touch right toe to right side; hold 1 beat
- 3-4 Touch right toe beside left foot; hold 1 beat
- 5-6 Touch right toe to right side; touch right toe beside left foot
- 7-8 Touch right toe to right side; cross-step right in front of left

DIAGONAL STEPS

- 9-10 Step left diagonally back left; slide right straight back
- 11-12 Step left diagonally back left; step right to right side
- 13-14 Cross-step left over right; slide right ahead
- 15-16 Step left diagonally forward left; step right to side

ROCK-STEP, DIAGONAL SCOOTs, STEPS IN PLACE

- 17-18 Rock-step left forward; rock back onto right
- 19-20 Step left in place; step right beside left
- 21& With weight on balls of both feet, scoot out at diagonal and back to center
- 22& Scoot out at diagonal and back to center
- 23-24 Facing forward, step left to side; step right to side

HIP ROLLS, FULL TURN

- 25-26 Roll hips in circle to the right, then to the left
- 27-28 Roll hips in circle to the right, then to the left
- 29 Cross-step right over left
- 30-31 Unwind in full turn left for 2 beats
- 32 Step right to side

RIGHT WEAWE, LEFT WEAWE

- 33-34 Cross-step left over right; step right to right side
- 35-36 Cross-step left behind right; touch right to right side
- 37-38 Cross-step right over left; step left to left side
- 39-40 Cross-step right behind left; step left to left side

JUMPING JACKS WITH ½ TURN

- 41& Jump, landing with feet apart; jump, landing with feet together
- 42& Jump, landing with feet apart; jump, landing with feet together
- 43&44 Jump, spinning ½ turn left landing with feet apart; jump, landing with feet together scuff right heel forward
- 45-47 Walk forward right, left, right
- 48 Kick left forward and clap hands

RUNNING MAN STEPS

- 49& Step on ball of left, scoot back on left
- 50& Step on ball of right; scoot back on right
- 51& Step on ball of left; scoot back on left
- 52& Step on ball of right; scoot back on right
- 53-54 Step left to left side; step right to right side

55-56 Roll left knee and hips left; sink right or hold

FORWARD STOMPS WITH CLAPS

57-58 Stomp left forward; clap hands

59-60 Stomp right forward; clap hands

61-62 Stomp left forward; clap hands

63&64 Hold 1 beat; clap hands twice quickly

REPEAT
