

This Way Up

拍數: 64 牆數: 4 級數: Intermediate
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音樂: The Only Way Is Up - Yazz



STEP FORWARD, KICK, & JUMP BACK OUT-OUT, CLAP, RIGHT SAILOR STEP, LEFT SAILOR STEP

1-2 Step forward on left, kick right forward
&3-4 Jump back on right and to right side, step left to left side (feet shoulder width apart), clap
5&6 Cross right behind left, step left to left side, step right in place
7&8 Cross left behind right, step right to right side, step left in place

CROSS, UNWIND THREE QUARTER TURN RIGHT, LEFT SHUFFLE FORWARD, FORWARD ROCK, TRIPLE STEP FULL TURN RIGHT

1-2 Cross right behind left, unwind $\frac{3}{4}$ turn right, (weight on right)
3&4 Left shuffle forward stepping left, right, left
5-6 Rock forward on right, rock back on left, (facing 9:00)
7&8 Triple step on the spot turning full turn right stepping right, left, right

Or

7&8 Triple step in place

FORWARD ROCK, LEFT SHUFFLE HALF TURN LEFT, STEP, PIVOT HALF TURN LEFT, RIGHT KICK-BALL-STEP FORWARD

1-2 Rock forward on left, rock back on right
3&4 Left shuffle back turning $\frac{1}{2}$ turn left stepping left, right, left
5-6 Step forward on right, pivot $\frac{1}{2}$ turn left
7&8 Kick right forward, step ball of right beside left, long step forward on left, (facing 9:00)

FORWARD ROCK, RIGHT SHUFFLE HALF TURN RIGHT, STEP, PIVOT QUARTER TURN RIGHT, LEFT CROSS SHUFFLE

1-2 Rock forward on right, rock back on left
3&4 Right shuffle back turning $\frac{1}{2}$ turn right stepping right, left, right
5-6 Step forward on left, pivot $\frac{1}{4}$ turn right
7&8 Cross step left over right, step right to right side, cross step left over right, (facing 6:00)

STOMP, HOLD, BEHIND, SIDE, CROSS, STOMP, HOLD, LEFT SAILOR QUARTER TURN LEFT

1-2 Stomp right to right side (raising hands in the air), hold (hands still raised)
3&4 Cross left behind right, step right to right side, cross step left over right
5-6 Stomp right to right side, hold and clap
7&8 Cross left behind right, step right beside left turning $\frac{1}{4}$ turn left, step slightly forward on left

STEP DIAGONALLY FORWARD, FLICK, LEFT CROSS SHUFFLE, SIDE, TOGETHER, RIGHT CROSS SHUFFLE

1-2 Step right diagonally forward across left, flick left foot out to left side
3&4 Cross step left over right, step right to right side, cross step left over right
5-6 Long step right to right side, slide left beside right and slightly back, (weight on left)
7&8 Cross step right over left, step left to left side, cross step right over left, (facing 3:00)

SYNCOPATED VINE QUARTER TURN LEFT, STEP, PIVOT THREE QUARTER TURN LEFT, CHASSE RIGHT, BACK ROCK

1-2 Step left to left side, cross right behind left
&3-4 Step left $\frac{1}{4}$ turn left, step forward on right, pivot $\frac{3}{4}$ turn left, (weight on left)
5&6 Step right to right side, close left beside right, step right to right side, (facing 3:00)

7-8 Rock back on left, rock forward on right, (restart point on wall 5 ... you will be facing 3:00)

Restart from here on wall 5

2 X WALKS FORWARD, LEFT MAMBO FORWARD, STEP BACK, LOCK, RIGHT COASTER STEP

1-2 Walk forward on left, walk forward on right

3&4 Rock forward on left, rock back on right, step left beside right

5-6 Step back on right, lock left across right

7&8 Step back on right, step left beside right, step forward on right, (facing 3:00)

REPEAT

TAG

At the end of wall 2

2 X SKATES FORWARD, LEFT SHUFFLE, STEP, PIVOT HALF TURN LEFT, RIGHT SHUFFLE, (REPEAT)

1-2 Skate forward on left, skate forward on right

3&4 Left shuffle forward stepping left, right, left

5-6 Step forward on right, pivot $\frac{1}{2}$ turn left

7&8 Right shuffle forward stepping right, left, right

9-16 Repeat above counts 1-8

RESTART

Restart after count 56 on wall 5
