

Tore Up

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Lisa Thunstrom (AUS) & Ben Kelly
音樂: Tore Up from the Floor Up - Wade Hayes



LOCK, SCUFF, LOCK, TURN

1-4 Step forward on left, lock right behind left, step forward on left, scuff right next to left
5-8 Step forward on right, lock left behind, turning ½ turn to the left step back on right, left together (weight on left)

BACK, FORWARD, STOMP, CLAP, SHUFFLE, TURN ¾

9-10 Jump back on to right and kick left forward, jump forward on to left
11-12 Stomp right together, clap
13-14 Shuffle forward left-right-left
15-16 Step right forward & pivot ¾ turn to the left (weight on left)

ROCK, COASTER, SCUFF-SCOOT, ROCK

17-18 Rock forward on right, rock back on left
19-20 Step back on right, left together, forward on right (coaster step)
21-22 Scuff left next to right, hitch left knee up & scoot forward on right
23-24 Rock forward on left, back on right, click right hand at eye level & look

SHUFFLE, TURN ¼, SHUFFLE, KICK, KICK, BALL CHANGE

25-26 Shuffle back left-right-left turning ½ turn to the right on ball of left foot
27-28 Shuffle forward right-left-right
29-30 Step forward on left, kick right forward
31-32 Kick right forward, right ball change

HEEL, BRUSH, HEEL, TURN & SLAP (TWICE)

33-34 Right heel at 45 degrees, brush right heel up to left knee
35 Right heel at 45 degrees
36 Turn ¼ turn to the left stepping right heel behind with right hand
37-40 Repeat last 4 steps

HEEL, TOE (TWICE)

41 Jump back on right with left heel forward at 45 degrees
42 Jump back on left with right toe tap behind
43-44 Turning ¼ turn to the left repeat last two beats

SCUFF-SCOOT X 2, STOMP-CLAP

45& Scuff right next to left, hitch right knee up & scoot left slightly forward
46& Scuff right next to left, hitch right knee up & scoot left slightly forward
47& Scuff right next to left, hitch right knee up & scoot left slightly forward
48& Stomp right foot beside left twice while clapping twice

ROLL ¾, VINE, STOMP

49-52 Rolling vine right (completing ¾ turn to the right) right-left-right-left
53-56 Vine right, stomping left to side on 4th beat

OUTBACK, HEEL, BRUSH, HEEL

57-58 Raise right heel behind & slap with left hand (outback), right heel at 45
59-60 Brush right heel up to left knee, right heel at 45 degrees

SCUFF-SCOOT BACK, STOMP, STOMP

61-62 Scuff right toe backwards, scoot left back

63-64 Stomp right, stomp left together

REPEAT
