

# Tore Up

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Leonie Smallwood (AUS)  
音樂: Tore Up from the Floor Up - Wade Hayes



## KICK, ROCK, ¼ TURNS

1-2-3-4      Kick right forward, kick right forward, step back/rock back onto right, rock forward onto left  
5-6-7-8      Step right forward, turn ¼ turn left (wind hips anti to the right till weight is on left) step right forward, turn ¼ turn left (wind hips to the left till weight is on left)

## STEP HEEL, STEP TOE, ROLL FORWARD

1-2-3-4      Step right forward, touch left heel forward, step left back, touch right toe back  
5-6-7-8      Roll forward full turn right stepping right-left-right, scuff left beside right

## STEP, TURN, KNEE POPS

1-2-3-4      Step left forward, hold, turn ¼ turn right on both feet, hold  
5-6-7-8      Pop left knee, pop right knee, pop left knee, kick left to left diagonal

## CROSS IN FRONT, KICK & TURN, CROSS IN FRONT SCUFF

1-2-3-4      Step left across in front of right, step right to right side, step left across in front of right, turn ½ turn right on left & kick right to right diagonal  
5-6-7-8      Step right across in front of left, step left to left side, step right across in front of left, scuff left beside right

## & TOUCH, & TOUCH, & TOUCH, POP, & TOUCH

&1-2&3-4      Hop onto left (moving left) touch right beside left, hold, hop onto right (moving right) touch left beside right, hold  
&5-6-7-8      Hop onto left (moving left), touch right beside left, change weight to right & pop left knee, hop onto left (moving left) touch right beside left, hold

## VINE & TURN

1-2-3-4      Step right to right side, step left across behind right, roll full turn right (moving right) stepping right-left  
5-6-7-8      Step right to right side, step left across behind right, turn ¼ turn right & step right forward, turn ½ turn right on right & step left back

## HIP BUMPS

1&2-3&4      Step right back to bump hips double right, double left  
5-6-7-8      Bump hips right-left-right hold

## LOCK STEP & SWEEP IN ½ turn ARC

1-2-3-4      Step left forward left diagonal, lock right behind left, step left forward left diagonal, lock right behind left  
5-6-7-8      Step left forward diagonal, sweep right foot to the left (2 count) to face new wall total ½ turn left) touch right beside left

## REPEAT

## RESTART

On walls 3&6, after double hip bumps (on counts 5,6,7,8) bump hips right-left-right-left, then restart dance.