

Up And Down And In Between

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Chris Jackson (UK)
音樂: What's In It for Me - Faith Hill



RIGHT, LEFT, FORWARD AND BACK, BACK AND FORWARD, ½ PIVOT LEFT

1-2 Forward right, forward left
3&4 Forward right, bring weight back on to left, back right
5&6 Back left, bring weight back on to right, forward left
7-8 Forward right, ½ pivot left

¾ TURN LEFT, SIDE AND RECOVER, CROSS AND BACK, CROSS AND BACK

9&10 Turn ¾ forward left stepping right, left, right
11-12 Side left, bring weight back on to right
13&14 Cross left forward in front of right, bring weight back on to right, side left
15&16 Cross right forward in front of left, bring weight back on to left, side right

SKATE LEFT, SKATE RIGHT, SKATE LEFT, SKATE RIGHT

17-18 Skate left across in front of right (at an angle of 2:00)
19-20 Pivot left and skate right across in front of left (at an angle of 10:00)
21-22 Pivot right and skate left across in front of right (at an angle of 2:00)
23-24 Pivot left and skate right across in front of left (at an angle of 10:00)

17-24: bend knees, drop hips, and make feet across floor

FORWARD AND BACK, ½ TURN LEFT, FORWARD AND BACK, ¼ TURN RIGHT, CHASSE RIGHT

25-26 Forward left (12:00), bring weight back on to right
27&28 Triple step left, right, left turning ½ left
29-30 Forward right, bring weight back on to left
31&32 Side right turning ¼ right, bring left next to right, side right

CROSS, SIDE, BEHIND/SIDE/CROSS, SIDE AND RECOVER, BEHIND/SIDE/STEP, ½ PIVOT, ½ TURN, BACK, ROCK, ¼ TURN LEFT, CHASSE RIGHT

33-34 Cross left over right, side right
35&36 Left behind right, side right, cross left over right
37-38 Side right, bring weight back on to left
39&40 Right behind left, side left, forward right
41-42 Forward left, ½ pivot right
43&44 Triple step left, right, left turning ½ right
45-46 Back right, forward left
47&48 Side right turning ¼ left, bring left next to right, side right

RONDE LEFT/RIGHT/LEFT/RIGHT, FORWARD LEFT, HALF PIVOT RIGHT KICK-BALL CHANGE, TWIST AND TWIST AND TWIST AND TWIST

49-50 Ronde left backwards around right turning ½ left
51-52 Ronde right backwards around left turning ½ right
53-54 Ronde left backwards around right turning ½ left
55-56 Ronde right backwards around left turning ½ right
57-58 Forward left, ½ pivot right
59&60 Left kick ball change
61& Twist left, right
62& Twist left, right

63& Twist left, right

64 Twist left

61-64: use hips to turn ½ left during twists

REPEAT

TAGS

Fifth wall: when the guitar solo begins add two extra steps forward (right/left) before starting the fifth wall (so the count at the start of the fifth wall is: 1-2, 1-2-3&4)

Sixth wall: when Faith holds a very long note at the end of the fifth wall add four extra steps forward (right/left/right/left) before starting the sixth wall (so the count at the start of the sixth wall is: 1-2-3-4, 1-2-3&4)
