

Up From Here

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4
編舞者: Michael Scoggins (USA)
音樂: Up! - Shania Twain

級數: Improver



KICK BALL CHANGE, ½ TURN, ROCK STEP

1 Kick right foot forward
& Touch ball of right foot beside left foot
2 Step on left foot
3 Kick right foot forward
& Touch ball of right foot beside left foot
4 Step on left foot
5 Step right foot forward
6 Turn left ½ turn transfer weight to left foot
7 Step right foot forward
8 Rock back on left foot

COASTER STEP, SHUFFLE, ROCK STEP SHUFFLE

1 Step right foot backward
& Step left foot backward
2 Step right foot forward
3 Step left foot forward
& Step right foot forward
4 Step left foot forward
5 Step right foot forward
& Step left foot forward
6 Step right foot forward
7 Step left foot forward
8 Rock back on right foot

COASTER STEP, ¼ TURN, LEFT VINE

1 Step left foot backward
& Step right foot backward
2 Step left foot forward
3 Step right foot forward
4 Turn ¼ turn left transfer weight to left foot
5 Step right foot across front left foot
6 Step left foot to left side
7 Step right foot behind left foot
8 Step left foot to left side

PONY STEP, MONTEREY TURN

& Step right foot slightly forward
1 Step left beside right slightly apart
& Step right foot slightly forward
2 Step left beside right slightly apart
& Step right foot slightly forward
3 Step left beside right slightly apart
& Step right foot slightly forward
4 Step left beside right slightly apart
5 Touch right toe to right side

- 6 Turn ½ turn to right transfer weight to right foot
- 7 Touch left toe to left side
- 8 Step left foot beside right foot

REPEAT
