

Up North

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Toni Leah Stevens (AUS)
音樂: Up North (Down South, Back East, Out West) - Wade Hayes



RIGHT STOMP KICK COASTER, LEFT STOMP KICK COASTER

- 1 Stomp right foot
- 2 Kick right foot forward
- 3&4 Step right foot back, step left foot beside right, step right foot forward
- 5 Stomp left foot beside right
- 6 Kick left foot forward
- 7&8 Step left foot back, step right foot beside left, step left foot forward

SCUFF, TURN, HIP BUMPS

- 9 Scuff right foot forward
- 10 Swing right foot around into a $\frac{1}{4}$ turn to the right touching toe to floor
- 11 Bump right hip to side
- 12 Bump left hip to side
- 13-14 Bump right hip to side twice

SHENNAY, TURN SHUFFLE, STOMP, KICK, CROSS, UNWIND

- 15&16 Shuffle sideways left across in front of right, (left, right, left)
- 17&18 Turning $\frac{1}{4}$ turn right, shuffle forward right, left, right
- 19 Stomp left foot beside right
- 20 Kick left foot forward at 45 degrees (hold left hand at eye level and click fingers)
- 21 Step left across right
- 22 Unwind turning $\frac{1}{2}$ turn

SHUFFLE/TURN, SHUFFLE/TURN, STEP, SCUFF, JUMP, TOE TAP

- 23&24 Turning $\frac{1}{2}$ turn to the left, shuffle right, left, right
- 25&26 Turning $\frac{1}{2}$ turn to the left, shuffle left, right, left
- 27 Step forward on right
- 28 Scuff left forward and across right
- 29 Jump on to left foot
- 30 Tap right toe behind (drop hands to sides and click fingers)

SIDE SHUFFLE, HINGE, SIDE SHUFFLE, ROCK) TWICE

- 31&32 Shuffle sideways right, left, right
- & Spin $\frac{1}{2}$ turn to the left on ball of right foot
- 33&34 Shuffle left, right, left
- 35 Step and rock onto right foot across behind left
- 36 Rock forward onto left foot
- 37&38 Shuffle sideways right, left, right
- & Spin $\frac{1}{2}$ turn to the left on ball of right foot
- 39&40 Shuffle left, right, left
- 41 Step and rock onto right foot across behind left
- 42 Rock forward onto left foot

TOE, HEEL, TOE BALL CHANGE TWICE

- 43 Right toe forward
- 44 Drop right heel

45-46 Stomp left beside right twice
& Touch left ball of foot behind
47 Return weight onto right foot
48 Stamp left toe beside right
& Touch left ball of foot behind
49 Return weight onto right foot
50 Stamp left toe beside right

TURNING VINE WITH SCUFF

51 Step left back
52 Turning $\frac{1}{4}$ turn to the right step right out
53 Step left across in front of right
54 Turning $\frac{1}{4}$ turn scuff right forward

SHUFFLE, TURN SHUFFLE, HEEL JACK, SHUFFLE, CANTER

55&56 Shuffle forward right, left, right
& Turn $\frac{1}{2}$ turn to the left
57&58 Shuffle forward left, right, left
&59 Jump back on right foot, left heel forward 45 degrees
&60 Step left beside right, step right forward (swing arms down and back and click fingers on &59)
61&62 Shuffle forward left, right, left
&63&64 Canter feet apart shoulder width and together, right out, left out, right in, left in

REPEAT

TAG

After the 2nd repetition, dance just counts 31-42 twice, then 31-36 . Then start again.
