

Up To No Good

拍數: 94 牆數: 2 級數: Intermediate/Advanced
編舞者: Jessica Lamb (AUS)
音樂: Down In Mississippi (Up to No Good) - Sugarland



CROSS RIGHT OVER LEFT, POINT LEFT TO LEFT, CROSS LEFT OVER RIGHT, POINT RIGHT TO RIGHT, CROSS RIGHT OVER LEFT, STEP LEFT TO SIDE, STEP RIGHT BEHIND LEFT, HEEL JACK, STEP RIGHT TOGETHER

1-2 Cross right over left, touch left to left
3-4 Cross left over right, touch right to right
5-6 Cross right over left, step left to left
7&8& Cross right behind left, step left together, touch right heel forward, step right together

CROSS LEFT OVER RIGHT, STEP RIGHT TO SIDE, TOUCH LEFT BEHIND RIGHT, ½ UNWIND, 2 X KICK BALL CHANGE

1-2 Cross left over right, step right to right
3-4 Cross left behind right, unwind ½ (6:00 wall)
5&6 Kick right forward, step right forward, step left forward (kick ball change traveling forward)
7&8 Kick right forward, step right forward, step left forward (kick ball change traveling forward)

SIDE ROCK RIGHT TO RIGHT, REPLACE LEFT, STEP RIGHT BEHIND LEFT, STEP LEFT TO SIDE, CROSS RIGHT OVER LEFT, SIDE ROCK LEFT TO LEFT, REPLACE RIGHT, STEP LEFT BEHIND RIGHT, STEP RIGHT ¼ RIGHT, STEP LEFT FORWARD

1-2 Rock right to right, replace weight left
3&4 Cross right behind left, step left to left, cross right over left
5-6 Rock left to left, replace weight right
7&8 Cross left behind right, step right ¼ right, step left forward (9:00 wall)

TOUCH RIGHT HEEL FORWARD, TOGETHER, TOUCH LEFT HEEL FORWARD, TOGETHER, TOUCH RIGHT HEEL FORWARD TWICE, TOUCH LEFT TOE BEHIND, TOGETHER, TOUCH LEFT TOE BEHIND TURNING ¼ RIGHT, TOGETHER, TOUCH LEFT HEEL FORWARD TWICE

1&2 Touch right heel forward, step right together, touch left heel forward
&3-4 Step left together. Touch right heel forward, touch right heel forward
&5&6& Step right together, touch left toe behind. Step left together, touch right toe behind, step right together (traveling on spot ¼ right - 12:00 wall)
7-8& Touch left heel forward, touch left heel forward, step left together

ADD ON (WALL 3 & 4)

1-4 Step forward right, ½ pivot, step forward right, ½ pivot

RIGHT ROCKING CHAIR, CROSS SAMBA TWICE

1-2 Rock right forward, rock replace weight left
3-4 Rock right back, rock replace weight left
5&6 Cross right over left, step left to left, replace weight right
7&8 Cross left over right, step right to right, replace weight left

CROSS RIGHT OVER LEFT, STEP LEFT TO SIDE, REPLACE RIGHT. CROSS SHUFFLE, POINT & CROSS, UNWIND

1-2-3 Cross right over left, step left to left, replace weight right
4&5 Cross left over right, step right to right, cross left over right
6&7 Point right to right, step right together, cross left over right
8 Unwind ½ right (6:00 wall)

TOE STRUT FORWARD, TOE STRUT FORWARD, STEP OUT, STEP OUT, HOLD, HIP ROLL

- 1-2 Step forward on right toe, step down on heel
- 3-4 Step forward on left toe, step down on heel
- &5-6 Step right to right, step left to left, hold
- 7-8 Hip roll full circle going forward from left side (keep weight left)

DOUBLE HIP BUMPS RIGHT, SWAY LEFT, HOLD, DOUBLE HIP BUMPS RIGHT, SWAY LEFT, HOLD

- 1-2 Double hip bump right
- 3-4 Sway hip to left, hold
- 5-6 Double hip bump right
- 7-8 Sway hip to left, hold

Start here on wall 5

STEP FORWARD RIGHT, TOUCH LEFT, STEP BACK LEFT, STEP RIGHT TOGETHER, STEP FORWARD LEFT, STEP RIGHT TOGETHER, STEP FORWARD LEFT HITCH RIGHT ½ TURN

- 1-2 Step right forward, touch left together
- 3-4 Step left back, step right together
- 5-6 Step forward left, step right together
- 7-8 Step forward left, hitch right turning ½ left (6:00 wall)

STEP FORWARD RIGHT, TOUCH LEFT TOGETHER, STEP BACK LEFT 45 DEGREES, CROSS RIGHT OVER LEFT, JUMP BACK, TOUCH RIGHT HEEL FORWARD, CROSS RIGHT OVER LEFT, TOUCH LEFT TOE TOGETHER, JUMP BACK, TOUCH RIGHT HEEL FORWARD, CROSS RIGHT OVER LEFT, TOUCH LEFT TOE TOGETHER

- 1-2 Step right forward, touch left together
- 3-4 Step left back 45 degrees left, cross right over left
- &5&6 Jump left back 45 degrees left, touch right heel 45 degrees right. Jump cross right over left, touch left toe together
- &7&8 Jump left back 45 degrees left, touch right heel 45 degrees right. Jump cross right over left, touch left toe together

STEP FORWARD LEFT. ½ PIVOT RIGHT, STEP FORWARD LEFT, SCUFF RIGHT, STEP RIGHT TO SIDE WITH HIP BUMP RIGHT, HIP BUMP LEFT

- 1-2 Step forward left, pivot ½ right (6:00 wall)
- 3-4 Step forward left, scuff right
- 5-6 Step right to right with hip bump right, hip bump left

REPEAT

TAG

At end of wall 1 & 5

DOUBLE HIP BUMPS RIGHT, SWAY LEFT, HOLD, DOUBLE HIP BUMPS RIGHT, SWAY LEFT, HOLD

- 1-2 Double hip bump right
- 3-4 Sway hip to, hold
- 5-6 Double hip bump right
- 7-8 Sway hip to, hold

Sequence:

- Wall 1 86 counts & tag
 - Wall 2 86 counts
 - Wall 3 32 counts & add on then continue till count 86
 - Wall 4 32 counts & add on then continue till count 86
 - Wall 5 Start at count 65 and continue till count 86 & tag to finish off the dance
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