

Up Up Up

拍數: 92 牆數: 2 級數: Advanced
編舞者: The Kidz
音樂: Up! - Shania Twain



¼ RIGHT & TAP, ½ RIGHT & TAP, ¼ RIGHT & TOUCH, SIDE & TOUCH

- &1&2 Turn ¼ turn right step forward on right & tap left toe behind right, turn ½ turn right step back on left
& Tap right toe across in front of left
&3&4 Turn ¼ turn right step forward on right & touch left behind right, step left to left side & touch right toe to side

RIGHT SAILOR STEP, BEHIND, TURN ¼ RIGHT, TURN ½ RIGHT

- 5&6 Step right behind left, step left to left side, step right to right side
7&8 Step left behind right, turning ¼ turn right step forward on right, turning ½ turn right step back on left

RIGHT COASTER STEP LEFT SIDE & CROSS, RIGHT SIDE & TOGETHER, HEEL BOUNCES

- 1&2 Step back on right, step left beside right, step forward on right
3&4 Rock/step left to left, replace weight to right, cross/step left over right
5&6 Rock/step right to right, replace weight on left, step right beside left
7-8 Double heel bounces

TOUCH, KNEE ROLL, & TOUCH, KNEE ROLL, & CROSS, UNWIND, BACK, FORWARD, TOGETHER

- 1-2 Touch right toe to right side, roll right knee to the right taking weight on right
&3-4 Step left beside right, touch right toe to right side, roll right knee to the right (weight on left)
&5-6 Step right to right side, touch left toe behind right, unwind ½ turn left (weight on left)
7&8 Rock back on right, rock forward on left, touch right toe beside left

& CROSS, UNWIND, & CROSS, UNWIND, HIP BUMPS

- &1-2 Step right to right side, cross left over right, unwind ½ turn right (weight on right)
&3-4 Step left to left side, cross right over left, unwind ½ turn left (weight even)
5-6 Double hip bump right back
7&8 Hip bump forward left, hip bump back right, hip bump forward left

Variation to hip bumps, slow body roll down, reverse body roll up

RIGHT MONTEREY FULL TURN, SCUFF, STEP, REVERSE HEEL SPLITSS

- 1-4 Touch right toe to right side, turn full turn right stepping right beside left, touch left toe to left side, step left beside right
5-6& Scuff right forward in an arc (½ circle), step right to side, twist toes out keeping heels on floor
7&8 Twist toes back to center, twist toes out keeping heels on floor, twist toes back to center

& CROSS, ¾ TURN, SPLIT STEP, SPLIT STEP, SPLIT STEP, SCUFF

- &1-2 Step right to right side, touch left behind right, unwind turn ¾ turn left (weight on left)
&3 Step back on ball of right, step forward on left,
4&5 Step right beside left, step back on ball of left, step forward on right
6 Step left beside right
&7-8 Step back on ball of right, step forward on left, scuff right foot forward

STOMP, HEEL CLICK, ¼ TURN RIGHT & LEFT, DOROTHY STEPS, STEP FORWARD RIGHT, ½ RIGHT

- 1&2 Stomp right beside left, turn heels out, click heels together
3-4& Turning ¼ turn right step forward on right, lock left behind right, step ball of right beside left

5-6& Step forward on left, lock right behind left, step ball of left beside right
7-8 Step forward on right, turn ½ turn right step back on left

½ RIGHT, ½ RIGHT, ROCK BACK & TOGETHER, SIDE & BEHIND, SIDE & BEHIND

1-2 Turn ½ turn right step forward on right, turn ½ turn right step back on left
3&4 Rock back on right, rock forward on left, touch right beside left
5&6 Rock/step right to right, replace weight on left, cross/step right behind left
7&8 Rock/step left to left, replace weight on right, cross/step left behind right

& STEP HITCH ¼ RIGHT, ROCK BACK, LEFT ½ MONTEREY TURN, CROSS SHUFFLE

&1-2 Step ball of right to right, step left to left side, hitch right knee
3-4 Turn ¼ turn right on left with right knee hitched, step back on right
5&6 Touch left toe to left side, turn ½ turn left stepping left beside right, touch right to right side
7&8 Cross shuffle over left stepping right-left-right

SIDE, ½ TURN, CROSS SHUFFLE, SIDE ROCK, REPLACE, TOUCH & HEEL

1-2 Step left to left side, turn ½ turn right stepping right to right side
3&4 Cross shuffle over right stepping left-right-left
5-6 Rock/step right to right side, replace weight on left
7&8 Touch right toe behind left, step right behind left, touch left heel forward

& HEEL & TOUCH, SIDE, REPLACE, LEFT SAILOR STEP, KICK & TOUCH

&1&2 Step left beside right, touch right heel forward, step right in front of left, touch left toe behind right
3-4 Rock step left to left side, replace weight on right
5&6 Left sailor step
7&8 Kick right foot forward, step right beside left, touch left toe to left side

KICK & TOUCH, RIGHT KNEE ROLL, LEFT KNEE ROLL

1&2 Kick left foot forward, step left beside right, touch right to right side
3-4 Roll right knee out taking weight to right, roll left knee out taking weight to left

REPEAT

RESTART

On wall 3 dance up to count 27 (& cross unwind). Replace ½ turn with ¼ left unwind, do the hip bumps, then restart dance from count 1 facing back wall.
