

Up Up!

拍數: 32 牆數: 4 級數: Improver
編舞者: Liz Larsson (SWE)
音樂: Baby You're Mine - Jill Johnson



WALK, WALK, SHUFFLE FORWARD, STEP ½ TURN, SHUFFLE FORWARD

1-2 Walk forward right, walk forward left
3&4 Step right forward, step left next to right, step right forward
5-6 Step forward left, make a ½ turn right, taking weight onto right
7&8 Step left forward, step right next to left, step left forward

KICK TWICE, ROCK BACK, ROCK FORWARD, SHUFFLE LEFT

1-2 Kick right foot forward twice
3-4 Rock back on right, recover onto left
5-6 Rock forward on right, recover onto left
7&8 Step right to right, step left next to right, step right to right

CROSS, TURN ¼ LEFT, SHUFFLE BACK, ROCK, RECOVER, SHUFFLE FORWARD

1-2 Cross left over right, make a ¼ turn left stepping back right
3&4 Step left back, step right next to left, step left back
5-6 Rock back on right, recover onto left
7&8 Step right forward, step left next to right, step right forward

KICK TWICE, ROCK BACK, ROCK FORWARD, SHUFFLE LEFT

1-2 Kick left foot forward twice
3-4 Rock back on left, recover onto right
5-6 Rock forward on left, recover onto right
7&8 Step left to left, step right next to left, step left to left

REPEAT

TAG

At the end of 4th wall

CROSS, SIDE, SAILOR STEP TWICE

1-2 Cross right over left, step left to left
3&4 Cross step right behind left, step left to left, step right in place
5-6 Cross left over right, step right to right
7&8 Cross step left behind right, step right to right, step left in place

ROCK, RECOVER COASTER STEP

1-2 Rock forward right, recover onto left
3&4 Step back on right, step left beside right, step forward on right
5-6 Rock forward left, recover onto right
7&8 Step back on left, step right beside left, step forward on left