Up!

拍數: 34   **牆數:** 4   **級數:** Intermediate

編舞者: Wayne Whalen (USA)

音樂: Up! - Shania Twain

1&2	Kick right foot forward, step right next to left foot, touch left foot toe to left side
3&4	Kick left foot forward, step left foot next to right foot, touch right toe to right side
5-8	Repeat counts 1-4
1-4	Paddle turn to your left, leaving left foot in place and using right foot as the paddle do a complete full turn to your left
5&6	Sailor shuffles- step right foot behind left foot, step left foot beside right foot, step right foot to right side
7&8	Step left foot behind right foot, step right beside left foot, step left foot to left side
1-2	Rock right foot forward in front of left foot, stepping back on left foot starting a backward spin. (as in walk the line)
3	Step right foot back doing ½ turn right
4	Step left foot forward doing a ½ turn right
5	Step right foot back doing a ½ turn right
6	Step left foot forward slightly in front of right foot
7	Jazz box- step right foot over left
8	Step left straight back
1	Step right foot to right side
2	Touch left foot beside right foot
&3&4	Step left foot to left, step right foot to right side, bring left foot back in, step right foot over left foot
5-6	Unwind to your left both
7-8-1-2	Bump hips to right twice and then left twice transferring your weight to your left

The hip bumps are only done the first time thru. After that you'll start the dance over after you unwind

REPEAT