

Up! Up! Up!

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Nancy Morgan (USA)
音樂: Up! - Shania Twain



Start as soon as you hear the hard beat after the break in the music

HOP FORWARD, DROP DOWN AND UP, REPEAT, ROCK FORWARD, COASTER STEP

&1&2 Hop forward: right, left, drop down slightly
&3&4 Hop forward: right, left, drop down slightly
5-6 Rock forward on left and back on right
7&8 Coaster step - step back on left, back on right, forward on left

CROSS, STEP, SAILOR SHUFFLE, CROSS, STEP, SIDE SHUFFLE ¼ TURN

1-2 Cross right over left, step left to left side
3&4 Sailor shuffle - step right behind left, step left to left side, step right foot to right side
5-6 Cross left over right, step right to right side
7&8 Turning a ¼ turn to your left, side shuffle - left, right, left

SHUFFLE FORWARD ¼ TURN, TWO WALKS FORWARD, ROCK FORWARD AND BACK AND FORWARD AND BACK

1&2 Shuffle forward ¼ turn to your left - right, left, right
3-4 Walk forward - left, right
5&6&7&8 Rock forward on right and back on left and forward on right and back on left

BACK COASTER STEP, ¼ TURN MAMBO, STOMP, HOLD FOR 3 COUNTS

1&2 Back coaster step - step back on right, back on left, step forward on right
3&4 ¼ turn right mambo - step right foot forward, turn ¼ turn right as you step on your left, step left next to your right
5-6-7-8 Stomp right foot forward keeping weight on left, hold for 3 counts (or tap heel 3 times.)

REPEAT

RESTART

On 2nd and 4th walls drop the last 4 counts
