

Ups And Downs

拍數: 64 牆數: 4 級數: Improver
編舞者: Jan Wyllie (AUS)
音樂: Life's Little Ups And Downs - Rooster Quantrell



- 1-2-3&4 Rock/step forward on right, rock back on left, making $\frac{1}{4}$ turn right triple step right-left-right
5-6-7-8 Rock/step forward on left, rock back on right, rock/step back on left, rock forward on right
- 9-10-11&12 Rock/step forward on left, rock back on right, making $\frac{1}{4}$ turn left triple step left-right-left
13-14-15-16 Rock/step forward on right, rock back on left, rock/step back on right, rock forward on left
- 17-18 Stomp forward on right, making $\frac{1}{2}$ turn left on ball of right kick left forward
19-20 Rock/step back on left, rock forward on right
21-22 Step forward on left, lock right behind left (lock step)
23&24 Shuffle forward left-right-left
- 25-26-27-28 Rock/step right to right, rock weight to left, step right behind left, step left to left
29-30-31-32 Step right across left, rock/step left to left, rock weight to right, step left behind right
- 33-34 Making $\frac{1}{4}$ turn right step right toe forward, drop right heel (toe strut)
35-36 Making $\frac{1}{4}$ turn right step left toe to left side, drop left heel (toe strut)
37-38 Rock/step right behind left, rock weight to left
39&40 Shuffle to the right right-left-right
- 41-42 Rock/step back on left, rock forward on right
43-44 Making a full turn right while moving forward step left-right (or just walk forward)
45-46 Step forward on left, pivot $\frac{1}{2}$ turn right transferring weight to right
47&48 Shuffle forward left-right-left
- 49-50-51-52 Rock/step forward on right, rock back on left, step back on right, touch left beside right
53-54-55-56 Rock/step forward on left, rock back on right, step back on left, touch right beside left
- 57-58-59-60 Rock/step forward on right, rock back on left, step back on right, step left across right
61-62 Making $\frac{1}{4}$ turn left step back on right toe, step down on right heel (toe strut)
63&64 Making $\frac{1}{2}$ turn left back over left shoulder shuffle forward left-right-left

REPEAT
