

Uptown Rock

拍數: 36 牆數: 0 級數:
編舞者: A. Russell
音樂: Blue to the Bone - Sweethearts of the Rodeo



TOE TOUCHES WITH SWIVELS

- 1 Touch right toe to side. At the same time, swivel left heel to right
- 2 Swivel left heel back to center. At the same time touch right toe beside left foot
- 3-4 Repeat counts 1-2
- 5 Touch left toe to side. At the same time swivel right heel to left
- 6 Swivel right heel back to center. At the same time touch left toe beside right foot
- 7-8 Repeat counts 5-6

TOE RAISES, STRUTS, TOE TOUCHES

- 9 With weight on both heels, lift toes in the air, pointing slightly outward
- 10 Place toes on floor
- 11-12 Repeat counts 9-10
- 13-14 Step forward on right heel, slap right toes down
- 15-16 Step forward on left heel, slap left toes down
- 17-18 With weight on left foot, place right heel forward hold
- 19-20 Keeping weight on left foot, touch right toe back. Hold
- 21-22 With weight on left foot, place right heel forward hold

BACK SHUFFLES

- 23&24 Shuffle back right-left-right
- 25&26 Shuffle back left-right-left

TOE TOUCH, TURN-KICK

- 27 With weight on left foot, touch right toe beside left foot
- 28 Touch right foot forward
- 29 Touch right toe beside left foot
- 30 Swivel $\frac{1}{4}$ turn to right on ball of left foot while kicking right foot forward
- 31 Right foot back in place

HEEL TAPS, SWIVEL

- 32-33 Left heel forward, left heel back in place
- 34-35 Right heel forward, right heel back in place
- 36 On balls of both feet, swivel heels to the left

REPEAT
