

What's Up

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Dan Albro (USA)
音樂: Up! - Shania Twain



KICK & TOUCH, KICK & TOUCH, KICK & TOUCH, & TOUCH, CLAP

1&2 Kick right forward, step forward right, touch left toe side
3&4 Kick left forward, step forward left, touch left toe side
5&6&7-8 Kick right forward, step forward right, touch left toe side, step left next to right, right toe side, clap

RIGHT SAILOR, LEFT SAILOR WITH ¼ TURN LEFT, STEP ½ TURN, KICK, OUT, OUT

1&2 Cross right behind left, step side left, step side right
3&4 Cross left behind right, turn ¼ left stepping back on right, step forward left
5-6 Step forward right, pivot ½ left stepping forward left
7&8 Kick right forward, step side right, step side left (feet shoulder width apart)

TOES, HEELS, TOES, SIDE & SIDE & FORWARD & HOME, ¼ LEFT, TOUCH, ¼ RIGHT, TOUCH

1&2 Both toes in, both heels in, both toes in
3&4& Touch right toe side, step right next to left, touch left toe side, step left next to right
5&6& Touch right heel forward, step right next to left, touch left toe next to right, turn hips ¼ left stepping left
7&8 Touch right next to left, turn ¼ right to center stepping right, touch left next to right

& HEEL & HEEL & TOE & TOE & STEP ½ TURN, STEP ½ TURN

&1&2& Step on left, touch right heel forward, step right next to left, touch left heel forward, step left next to right
3&4& Touch right next to left, turn hips ¼ right stepping right, touch left next to right, turn hips ¼ left to center stepping left
5-6 Step forward right, pivot ½ turn left stepping forward left
7-8 Step forward right, pivot ½ turn left stepping forward left

REPEAT

RESTART

When dancing to UP! by Shania Twain, On walls 2 and 4 leave out the last 4 counts of the dance (5,6,7,8 - step, turn, step, turn). You will be facing the back wall on the first restart and the front wall on the last restart. After the second restart, dance the entire dance, with the pivot turns, to the end. When dancing "What's Up" to other songs, leave out the restarts.