

Give It All Up!

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Sandra Le Brocq
音樂: One of Those Days - Whitney Houston



KICK, STEP, TOUCH, STEP, SIDE STEP, TOGETHER

1&2 Kick right foot forward, step right foot beside left, touch ball of left foot beside right
&3-4 Step left foot slightly to left, step right foot to right side (bending right knee), close left foot beside right

OPEN HIP WALK TWICE, COASTER STEP WITH ½ TURN RIGHT

5-6 Lifting right hip & knee step forward slightly to the right on right foot. Lifting left hip & knee step forward & slightly to the left on left foot
7&8 ¼ turn to right stepping back on ball of right foot, ¼ turn to right stepping left foot beside right, step forward on right foot (6:00)

ROCK, RECOVER, BEHIND-SIDE-CROSS WEAVE

1-2 Rock to left side on left foot, recover weight on right foot
3&4 Step left behind right, step right to right side, cross step left foot in front of right

ROCK, RECOVER, ¾ TURN TO RIGHT, CHASSE FORWARD

5-6 Rock to right side on right foot, recover weight on left foot
7 ¾ turn to right closing right foot beside left (keep weight on left foot)
8&1 Step forward on right foot, step ball of left foot behind right, step forward on right foot (3:00)

HITCH, REPLACE, STEP, TOGETHER WITH ¼ TURN LEFT

2& Hitch left knee forward, replace ball of left foot behind
3-4 Step right foot in place, ¼ turn to left closing left foot beside right (12:00)

SIDE TOUCH, TOGETHER TOUCH, BRUSH WITH RONDE, COASTER WITH ½ TURN LEFT

5-6 Bending left knee touch right foot out to side, straighten left knee touching right foot beside left (right knee slightly crossed over left)
&7 Step down on right foot, brush left foot forward & sweep leg around to back
8&1 ¼ turn to left stepping back on ball of left foot, ¼ turn to left stepping right foot beside left, step forward on left (6:00)

KICK, BALL-CROSS, SIDESTEP

2&3 Kick right foot to side, step down on right foot, cross step left foot in front of right
4 Step right foot to side

COASTER STEP WITH ¼ TURN LEFT, TOUCH FORWARD, TOUCH BACK

5&6 Step ball of left foot behind right, ¼ turn to left stepping right foot beside left, step forward on left foot
&7 Bending left knee slightly lift right foot, straighten left knee touching right foot to front
&8 Bending left knee slightly lift right foot, straighten left knee touching right foot to back (3:00)

REPEAT