

Down & Up

拍數: 48 牆數: 4 級數: Improver
編舞者: Virginia Tsui (CAN)
音樂: Let's Get Loud - Jennifer Lopez



VINE RIGHT SCUFF, VINE LEFT & ROCK STEP

- 1-4 Step right foot to right side, step left foot behind right foot, step right foot to right side, scuff left foot across right foot
- 5-8 Step left foot to left side, step right foot behind left foot, step left foot to left side (weight on left foot), replace weight on right foot (sway hips)

STEP TO LEFT, PIVOT LEFT FULL TURN, CLAP HAND, STEP BACK DIAGONALLY

- 9-12 Step left foot to left side, pivot left full turn (facing a original wall), touch right toe beside left foot, clap hand
- 13-14 Step right foot back diagonally to right, touch left toe beside right foot & clap hand
- 15-16 Step left foot back diagonally to left, touch right toe beside left foot & clap hand

VINE RIGHT & ROCK STEP, STEP TO RIGHT, PIVOT RIGHT FULL TURN

- 17-20 Step right foot to right side, step left foot behind right foot, rock right foot to right side (weight on right foot), replace weight on left foot (sway hips)
- 21-24 Step right foot to right side, pivot right full turn, touch left toe beside right foot, clap hand

STEP FORWARD & CLAP HAND, VINE LEFT

- 25-26 Step left foot forward to left diagonally, touches right toe beside left foot & clap hand
- 27-28 Step right foot forward to right diagonally, touch left toe beside right foot & clap hand
- 29-32 Step left foot to left side, step right foot behind left foot, step left foot to left side, touch right toe beside left foot

CHA-CHA FORWARD & BACKWARD, ½ TURN RIGHT, ROCK STEP

- 33-34 Step right foot forward, step left foot forward behind of right foot, step right foot forward, (cha-cha-cha with slightly progress forward)
- 35-36 Make an ½ right turn & step left foot backward, step right foot backward in front of the left foot, step left foot backward (cha-cha-cha with slightly progress backward)
- 37-40 Step right foot forward (facing to left diagonally, weight on right foot, lift up left heel, swing both hands to right side), rock left foot in place, (lift up right heel, swing both hands to left side), rock right foot in place (lift up left heel, swing both hands to right side), rock left foot in place (lift up right heel, swing both hands to left side)

STEP FORWARD, TOUCH, STEP BACK & ¼ TURN LEFT, TOUCH

- 41-42 Step right foot forward, touch left toe beside right foot
- 43-44 Step left foot back & make a ¼ left turn, touch right toe beside left foot

SYNCOPATED APPLE JET, BEND KNEES DOWN AND STAND UP FEET

- 45& Touch right heel forward, step right foot next to left foot
- 46& Touch left heel forward, step left foot next to right foot (both feet close together)
- 47-48 Bend both knees & down the body (both arms with fists across in front of the chest), stand up both feet (both arms apart to both sides with open palm)

REPEAT