

Cheer Up!

拍數: 64 牆數: 4 級數:
編舞者: Cinta Larrotcha (ES) - 2003
音樂: Take These Chains from My Heart - Lee Roy Parnell



HEEL CROSS, HOLD, HEEL, HITCH

1-2 Touch right heel over left, hold
&3 Step right beside left, touch left heel forward
&4 Step left beside right, hitch right

HEEL CROSS, HOLD, HEEL, HITCH

5-6 Touch right heel over left, hold
&7 Step right beside left, touch left heel forward
&8 Step left beside right, hitch right

HEEL, TOE, HEEL, TOE

9 Touch right heel over left
10 Touch right toe to right instep
11 Touch right heel over left
12 Touch right toe to right instep

TURN ¼ HEEL, HOOK, HEELS

13 Touch right heel forward ¼ turning to right
14 Right hook over left
15 Touch right heel forward
16 Touch right heel forward

HEEL, BACK TOE, HEEL ½ TURN

&17 Step right beside left, touch left heel forward
18 Touch left toe back
19 Touch left heel forward ½ turning to left
20 Step left beside right

ROCK FORWARD, RECOVER, ROCK BACK, RECOVER

21-22 Rock forward with the right foot, recover weight back
23-24 Rock back with the right foot, recover weight forward

SCUFF, HITCH, STOMP, STOMP

25 Scuff right forward
26 Hitch right
27 Stomp right beside left
28 Stomp right beside left

BACK STEP & HEEL, HOLD, TOE, HEEL

&29 Step back right, touch left heel forward
30 Hold
&31 Step left beside right, touch right toe beside left
&32 Step right back, touch left heel forward

HITCH, STOMP, STOMP FORWARD, HOLD

&33 Step left beside right, hitch right

34-36 Stomp right beside left, stomp right forward, hold

TURN ¼ HIPS

37-40 Hip right to right side ¼ turning to left, hip left, hip right, hip left

CROSS, VINE, ROCK, RECOVER

41-42 Step right over left, step left to left side

43-44 Step right behind left, step left to left side

45-46 Rock right over left, recover

SHUFFLE TURNING ¼, FULL TURN RIGHT, SHUFFLE

47&48 Step right forward ¼ turning to right, step left beside right, step right forward

49-50 Full turn right traveling forward stepping left, right

51&52 Step left forward, step right beside left, step left forward

ROCK, RECOVER, TOUCH, BEHIND, TOUCH BEHIND

53 Rock right forward

54 Recover

55 Touch right toe to right side

56 Step right behind left

57 Touch left toe to left side

58 Step left behind right

TOUCH, CROSS, TURN ½, HOLD, SIDE STEP, SLIDE

59 Touch right toe to right side

60 Step right over left

61 ½ turn to left

62 Hold

63 Long step left to left side

64 Slide right beside left

REPEAT
