

# 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**

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