

Step Up

拍數: 48 牆數: 4 級數: Improver
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音樂: Step Up - Darin



Intro: 16 counts after vocal says "Just Do It Again"

1/4 STEP CLOSE, SWING KICK OUT, CROSS, 1/4 STEP BACK, STEP BACK, WALK, WALK, MAMBO STEP

- 1&2 Stepping forward on Rf turn 1/4 right, close Lf next to Rf, step forward on Rf turning 1/4 right and kicking Lf out to the left side (6:00)
3&4 Stepping Lf across Rf, turning 1/4 left and step Rf back, step Lf back weight onto Lf (3:00)
5-6 Walk forward on Rf, walk forward on Lf
7&8 Rocking Rf forward, recover on Lf, step Rf next to Rf take weight onto Lf (3:00)

KICK & ROCK, 1/4 TURN L, KICK & ROCK, BRUSH, STEP BACK TOUCH, DIP, 1/4 TURN R TOGETHER

- 1&2& Kicking forward on Rf, step Rf back in place, rock Lf to the left side, recover on Rf weight onto Rf (3:00)
3&4& Turning 1/4 left and kicking forward on Lf, step Lf back in place, rock Rf to the right, recover on Lf weight onto Lf (9:00)
5&6 Brush forward on Rf, touch Rf back on toe, step Rf back in place and flex R knee and rise toes up from the Lf weight onto Rf
7-8 Turning 1/4 right on Rf, and stepping Lf next to Rf take weight onto both feet (12:00)

JUMP BOTH FEET APART & BEND, SHOULDER MOVES R-L-R-L-R CENTER, SAILOR STEP, TURN 1/4 L, TOUCH

- &1 Jump with both feet apart, and bend both knees weight onto both feet (12:00)
&2&3&4 move your shoulders R-L-R-L-R-CENTER (At the same time bring your body up in a standing position)
5&6 Step Rf behind Lf, step Lf to the left side, step Rf to the right side take weight onto Rf
7-8 Turning 1/4 left on Lf, and touch Rf next to Lf take weight onto Lf (9:00)

R SCUFF, STEP BACK, TWIST & TURN 1/2 R, CROSS-BACK-RIGHT, BIG STEP FWD

- 1-2 Scuff Rf forward and hitch the R knee, step back on the Rf into the 5th dance position
3-4 With the weight on the balls of both feet swivel heels 1/4 to the left, then return heels to center, swivel heels to the left turning 1/2 turn right (3:00)(keep weight onto Lf)
5&6 Cross the Rf over the Lf, step back on the Lf, stepping Rf to the right side weight onto Rf
7-8 Stepping big forward on the Lf, and make drag on your Lf and step Rf next to Lf weight take weight onto both feet (3:00)

JUMP BOTH FEET APART WITH 1/4 TURN L, SYNCOPATED HIP BUMPS L-R-L-R-L-R, JUMP BOTH FEET APART WITH 1/4 TURN L, SYNCOPATED HIP BUMPS L-R-L-R-L-R

- &1 Jump both feet apart and turning 1/4 left, bump L hip to the left
2&3&4 Bump R hip to the right side, bump L hip to the left side, bump R hip to the right side, bump L hip to the left side, bump R hip to the right side take weight onto Rf with 1/4 turn left (9:00)
&5 Jump both feet apart and turning 1/4 left, bump L hip to the left
6&7&8 Bump R hip to the right side, bump L hip to the left side, bump R hip to the right side, bump L hip to the left side, bump R hip to the right side take weight onto Rf with 1/4 turn left (3:00)

R- LOCKSTEP FWD, L- LOCKSTEP FWD, CROSS ROCK FWD & SIDE WITH 1/4 TURN L, CROSS, 3/4 UNWIND LEFT

- 1&2 Stepping forward on Lf, lock Rf behind Lf, stepping forward on Lf (3:00)
3&4 Stepping forward on Rf, lock Lf behind Rf, stepping forward on Rf

5&6 Rock Lf cross forward Rf, recover on Rf, turning 1/4 left step Rf to the Right (12:00)
7-8 Stepping Rf across Lf, Rf + Lf unwind 3/4 to the left take weight weight onto Lf (3:00)

REPEAT AND HAVE FUN!
