

Keep Your Head Up

拍數: 48 牆數: 2 級數: Intermediate
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音樂: Keep Your Head Up - Andy Grammer



Start on vocals. 16 counts from start of music.

Right slide lock, left slide lock, cross rock side, cross rock 1/4 step

1, 2& Step right forward to right diagonal slide left to right, lock left behind (2), step forward on right(&).
3, 4& Step left forward to left diagonal slide right to left, lock right behind(4) step forward on left(&).
5&6 Cross rock right over left, recover weight back onto left (&), step right to right side (6)
7&8 Cross rock left over right, recover weight back onto right (&) step left 1/4 turn to your left (8).

1/4 big step back rock side step, behind side cross side rock cross and cross

1, 2&3 Step forward on right turning a quarter left drag left to right foot, left back rock(2)recover weight onto right(&) step left to left side(3).
4&5 Step right behind left, step left to left side, step right across left
6&7&8 Left side rock recover and cross left over right, step right to right side and cross left over right.

Right side rock, left side rock, right rumba box

1, 2& Right side rock recover weight onto left (2), step right next to left (&)
3,4 & Left side rock recover weight onto right (4), step left next to right (&)
5&6 Side step right, left together, step right forward
7&8 Side step left, right together, step left back

Walk back x2 (optional full turn back on two counts), right coaster step, rock forward left, side rock left, right touch side, heel hook.

1, 2 Walk back right, left
3&4 Right back, left together, right forward
5&6& Rock forward on left (5) recover weight back onto right(&), rock left to left side(6) recover weight back onto right(&),
7&8& Step left together(7), point right toe to right side(&), tap right heel forward (8) hook right foot across left shin (&).

Restart!

Tag end of wall 1 and 3.

Rock forward recover hook, shuffle forward, repeat on left

1, 2& Rock forward on right(1) recover weight back onto left(2), hook right foot across left shin(&),
3&4 Step right forward, left together, step forward on right
5,6& Rock forward on left(5) recover weight back onto right(6), hook left foot across right shin(&)
7&8 Step forward on left, right together, step forward on left.

Side together back, side together back, back shuffle, coaster step.

1&2 Side right, left together, step back on right
3&4 Side left, right together, step back on left
5&6 Step back right, step left together, step back right
7&8 Step left back, step right together, step left forward