

Look It Up

拍數: 32 牆數: 2 級數: Beginner / Improver
編舞者: Tony Myers (UK) - March 2011
音樂: Look It Up - Ashton Shepherd : (Album: Greatest Hits)



16 count intro

R Shuffle: Step Turn Step: Side Shuffle: Forward Mambo

1&2 Step forward right (1) Step left with right (&) Step forward right (2)
3&4 Step forward left (3) Pivot ½ turn right (&) Step forward on left (4) (**)
5&6 Step right to side (5) Step left next to right (&) Step right to side (6)
7&8 Rock forward on left (7) Recover on right (&) Step back on left (8) (6:00)

Cross Shuffle: Side Together Cross: Side Touch: Sailor Turn

1&2 Cross right over left (1) Step left to side (&) Cross right over left (2)
3&4 Step left to side (3) Step right next to left (&) Cross left over right (4)
5,6 Step right to side (5) Touch left to right instep (6)
7&8 Step left behind right (7) Turn ¼ left step back on right (&) Step forward left (8) (3:00)

Kick Ball Step: Kick Ball Step: Side Behind: & Cross Side

1&2 Kick right forward (1) Step down on right (&) Step forward on left (2)
3&4 Kick right forward (3) Step down on right (&) Step forward on left (4)
5,6 Step right to side (5) Step left behind right (6)
&7,8 Step right with left (&) Cross left over right (7) Step right to side (8)

Toe Strut, Cross Strut: ¼ shuffles back: Rock back, Recover: Heel & Heel

&1&2 Touch left toes to side (&) Step on left (1) Touch right toes across left (&) Step on right (2)
3&4 Turn ¼ right stepping back on left (3) Step right with left (&) Step back on left (4) (6:00) (*)
5, 6 Rock back on right (5) Recover on left (6)
7&8& Dig right heel forward (7) Step right next to left (&) Dig left heel forward (8) Step left next to right(&)

Restarts:-

- * 1st restart on wall 3 after count 28 (¼ shuffle back) facing back Start from beginning
- ** 2nd restart on wall 6 after count 4 (step turn step) facing front Start from beginning