

Up

拍數: 64 牆數: 4 級數: Beginner
編舞者: Linda Lee (MY) & Luvi Ong (MY) - March 2011
音樂: Up - The Saturdays



Start after (16 counts)

Intro 32 Count

- 1-4 Knee Pop R, L, R, hold (Body lean forward, both hands at the side)
5-8 Knee Pop L, R, L, hold (Body lean forward, both hands at the side)
- 1-4 step L to L side, step R beside L, step L to L side, touch R beside L
5-8 step R to R side, step L beside R, step R to R side, touch L beside R
- 1-4 Knee Pop L, R,L, hold (Body lean forward, both hands at the side)
5-8 Knee Pop R, L,R,, hold (Body lean forward, both hands at the side)
- 1-4 step R to R side, step L beside R, step R to R side, touch L beside R
5-8 step L to L side, step R beside L, step L to L side, touch R beside L

DANCE:

CROSS WALK FWD, OUT OUT BEHIND TOUCH, SIDE

- 1-2 cross walk fwd, R, L
3-4 step R to R side, (R hand up), step L to L side, (L hand up)
5-8 touch R behind, step R to R side, touch L behind, step L to L side
Hand: L hand On waist, R hand touching L shoulder, R hand swing & point to R side

SIDE ROCK CROSS CHA CHA, SIDE TOUCH, TWICE

- 1-2 rock R to R side, recover on L
3&4 Cross R over L, step L to L side, Cross R over L
5-6 step L to L side, touch R slightly fwd
Hand : clutch both hands, R diagonal while you push your bump backwards on L
7-8 step R to R side, touch L slightly fwd
Hand : clutch both hands, L diagonal while you push your bump backwards on R

SIDE ROCK CROSS CHA CHA, KICK BALL CROSS, TWICE

- 1-2 rock L to L side, recover on R
3&4 Cross L over R, step R to R side, Cross L over R
5&6 kick R fwd, step ball on R beside L, cross R over L
7&8 kick R fwd, step ball on R beside L, cross R over L

CHA CHA 1/4 TURN R, 1/4 TURN R, TOUCH, BUMP HIPS HIGH N LOW

- 1&2 step R to R side, step L beside R. make 1/4 turn R, step R fwd, (push both hand to R side)
3-4 make 1/4 turn R, step L side, touch R beside L, (both hand on waist)
5-8 bump hips to R, (slightly up), bump hips to L, (slightly Down), twice
Hand : L hand on waist, hand only R, up & down, twice

SIDE TOE SWITCHES, TOUCH HOLD, BUMP HIPS

- 1& touch R to R, step R beside L, (R hand to R side, L hand to chest)
2& touch L to L, step L beside R, (L hand to L side, R hand to chest)
3-4 touch R foot slightly fwd, hold, (R hand push out diagonal, L hand on waist)
5-8 R hand do clockwise move while, bump your hips on R, twice

SIDE TOE SWITCHES, TOUCH HOLD, BUMP HIPS

- 1& touch L to L, step L beside R, (L hand to L side, R hand to chest)
2& touch R to R, step R beside L, (R hand to R side, L hand to chest)
3-4 touch L foot slightly fwd, hold, (L hand push out diagonal, R hand on waist)
5-8 L hand do anticlockwise move while, bump your hips on L, twice

FWD TOE STRUT, 1/4 TURN TOE STRUT

- 1-4 touch R toe fwd, step R heel down, touch L toe fwd, step L heel down
5-8 make 1.4 turn L, touch R toe fwd, step R heel down, touch L toe fwd, step L heel down (3.00)

ROLLING VINE R, TOUCH, ROLLING VINE L, TOUCH

- 1-2 ¼ turn R step R fwd, ½ R step L back
3-4 ¼ turn R step R to R side , touch L beside R
5-6 ¼ turn L step L fwd, ½ turn L step back on R
7-8 ¼ turn L step L to L side, touch R beside L

RESTART :on wall 5 dance 48 counts (12.00 to 6.00)

ENDING: dance 48 counts, (sec 6, omit last 6 count, 3-8) Replace with 1/4 turn L, 12.00

Continue until music ends - 8 counts

- 1-4 step R fwd, (R hand push out diagonal, L hand on waist,
R hand do clockwise move while, bump your hips on R, twice)
5-8 step L fwd, (L hand push out diagonal, R hand on waist)
L hand do anticlockwise move while, bump your hips on L, twice)

Enjoy Your Dance

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