

FUP (First Up)

拍數: 32 牆數: 4 級數: High Beginner / Low Improver
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - November 2011
音樂: Muevelo - Los Super Reyes



“Celebrating 20 Years of Dance” - Dedicated to Michal Smal

Start after 64 count intro – [121bpm – 3:56 in length]

[1-8] R cross rock & recover, R side cha, L cross rock/recover, ¼ L turning cha

1-2 Cross rock R over L, recover weight on L
3&4 Step R side, step L together, step R side
5-6 Cross rock L over R, recover weight on R
7&8 Turning ¼ left step L forward, step R together, step L forward (9 o'clock)

[9-16] R fwd, ¼ L pivot turn, R crossing cha, L side rock/recover, L behind-side-cross

1-2 Step R forward, pivot ¼ left (6 o'clock)
3&4 Cross step R over L, step L side, cross step R over L
5-6 Rock L side, recover weight on R
7&8 Cross step L behind R, step R side, cross step L over R

[17-24] R side, L touch together, L heel-ball-point, R cross step, L point, L sailor

1-2 Step R side, touch L together
3&4 Touch L heel forward (or kick L forward), step L together, point R side
5-6 Cross step R over L, point L side
7&8 Cross step L behind, step R side, step L side (travelling back)

[25-32] R sailor, L back rock/recover, L fwd cha, R fwd, ¼ L pivot turn

1&2 Step R back, step L side, step R side (travelling back)
3-4 Rock L back, recover weight on R (option rock L back & kick R fwd, step R fwd)
5&6 Step L forward, step R together, step L forward
7-8 Step R forward, pivot ¼ left (3 o'clock)
