

Up & Away

拍數: 48 牆數: 4 級數: Intermediate - Polka
編舞者: Ronald "RONNIE" Grabs (DE) - January 2013
音樂: Reisefieber by Fair Play



Note: Start with the lyrics: "Die Wolken tragen ...".

SHUFFLE FORWARD / KICK-BALL-STEP / FORWARD ROCK STEP / COASTER STEP

1&2 step forward on right, step left together, step forward on right,
3&4 kick left forward, step left slightly back, step forward on right,
5,6 rock left forward, recover on right,
7&8 step left back, step right together, step forward on left,

TRIPLE 1/2 TURN L / COASTER STEP / TOE STRUTS FORWARD

1&2 turn 1/4 left and step right to side, step left together, turn 1/4 left and step back on right,
3&4 step left back, step right together, step forward on left,
5,6 touch right toe forward, lower right heel and weight on it,
7,8 touch left toe forward, lower left heel and weight on it,

SHUFFLE FORWARD / KICK-BALL-STEP / FORWARD ROCK STEP / COASTER STEP

1&2 step forward on right, step left together, step forward on right,
3&4 kick left forward, step left slightly back, step forward on right,
5,6 rock left forward, recover on right,
7&8 step left back, step right together, step forward on left,

TRIPLE 1/2 TURN L / COASTER STEP / TOE STRUTS FORWARD

1&2 turn 1/4 left and step right to side, step left together, turn 1/4 left and step back on right,
3&4 step left back, step right together, step forward on left,
5,6 touch right toe forward, lower right heel and weight on it,
7,8 touch left toe forward, lower left heel and weight on it,

1/4 TURN L TRIPLE / BACK ROCK STEP / SIDE SHUFFLE / 1/2 TURN R / SIDE SHUFFLE

1&2 turn 1/4 left and step right to side, step left together, step right to side,
3,4 rock left behind right, recover on right,
5&6 step left to left side, step right together, step left to left side,
& turn 1/2 right on ball of left,
7&8 step right to side, step left together, step right to side,

CROSS ROCK STEP / SIDE SHUFFLE / BACK ROCK STEP / STEP 1/2 PIVOT L

1,2 cross rock left in front of right, recover on right,
3&4 step left to left side, step right together, step left to left side,
5,6 rock right behind left, recover on left,
7,8 step forward on right, pivot 1/2 left and step forward on left,

REPEAT

TAG: After the 5th wall, the music will be lower: don't Stop!

With face 9 o'clock do the follow 8 counts and start from the top.

FORWARD SHUFFLE / FORWARD ROCK STEP / FORWARD SHUFFLE / BACK ROCK STEP

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

