

# Dance, Up and Up

拍數: 36      牆數: 1      級數: Beginner  
編舞者: Marie H. Sacarello - January 2014  
音樂: La Bamba - Selena



Intro. : 32 counts from start of music

Note: Add Cuban motion, the typical Latin hip action to count 1-16.

**[1-8] Right forward lock step, touch, Left forward lock step, touch**

1-2            Step forward on right , Step left behind right  
3-4            Step forward on right, Touch left next to right  
5-6            Step forward on left , Step right behind left  
7-8            Step forward on left, Touch right next to left

**[9-16] Right chasse, Touch, Left chasse, Touch**

1-2            Step right to right side, Step left next to right  
3-4            Step right to right side, Touch left next to right  
5-6            Step left to left side, Step right next to left  
7-8            Step left to left side, Touch right next to left

**[17-24] Right shuffle back, Left shuffle back, Right shuffle back, Left shuffle back**

1&2            Shuffle backwards stepping RLR (slightly towards diagonally right)  
3&4            Shuffle backwards stepping LRL (slightly towards diagonally left)  
5&6            Shuffle backwards stepping RLR (slightly towards diagonally right)  
7&8            Shuffle backwards stepping LRL (slightly towards diagonally left)

**[25-32] Right grapevine, Touch, Left Grapevine, Touch**

1-2            Step right to right side, Cross left behind right  
3-4            Step right to right side, Touch left next to right  
5-6            Step left to left side, Cross right behind left  
7-8            Step left to left side, Touch right next to left

**[33-36] Side touch x 2**

1-2            Step right to right side, Touch left next to right  
3-4            Step left to left side, Touch right next to right

Have fun and stay healthy!

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