

Giddy On Up

COPPERKNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Arne Stakkestad (BEL) - February 2014
音樂: Giddy On Up (My Old Friend) - Ricky Travers : (CD: That's Me)



Info: start after 8 counts intro

[1-8] Step Out, Out, Centre, Centre, Step Forw R, Bumps, Step Forw L, Bumps

1-2 RF step diagonally right forward, LF step diagonally left forward
3-4 RF return to centre, LF return to centre
5&6 RF step forward, bump hips right, left right
7&8 LF step forward, bump hips left, right, left

[9-16] Diagonal Kicks L, R, Sailorstep ½ R, Diagonal Kicks R, L, Sailorstep ¼ L

1-2 RF kick diagonally left forward, RF kick diagonally right forward
3&4 RF cross behind LF, LF ¼ right step beside, RF ¼ right step forward
5-6 LF kick diagonally right forward, LF kick diagonally left forward
7&8 LF cross behind LF, RF ¼ right step beside, LF step forward

[17-24] Shuffle R Forw, ½ R, Walk Backw, Coasterstep, Walk Forw

1&2 RF step forward, LF step beside RF, RF step forward
3-4 ½ right LF step backward, RF step backward
5&6 LF step backward, RF step beside LF, LF step forward
7-8 RF step forward, LF step forward

[25-32] Mambo step R Forw, Mambo step L Backw, P-Bump R (Step, Dip, Touch), P-Bump L (Step, Dip, Touch)

1&2 RF rock forward, return weight on LF, RF step beside LF
3&4 LF rock backward, return weight on RF, LF step beside RF
5-6 RF step right side (bow knees a bit), LF touch left side (raise)
7-8 LF step left side (bow knees a bit), RF touch right side (raise)

Ending: dance to count 22 (coaster step), then ¼ left, RF stomp right side

Contact: arne.stakkestad@telenet.be