

Up From The Ground / Waltz

COPPER KNOB
STEPSHEETS

拍數: 42 牆數: 4 級數: High Improver
編舞者: K. Sholes (USA) - September 2014
音樂: Up From the Ground - Fort Atlantic



Step, 1/4 Turn, 1/4 Turn, Back step, Step, Step

1-3 Step L forward, Step R 1/4 to left, Step L 1/4 to left (6:00)
4-6 Step R back, Step L next to R, Step R back.

Weave to right

1-3 Cross L over R, Step R to side, Cross L behind R.
4-6 Step R to side, Cross L over R, Step R to side.

Step, 1/4 Turn, 1/4 Turn, Back step, Step, Step

1-3 Step L forward, Step R 1/4 to left, Step L 1/4 to left (12:00)
4-6 Step R back, Step L next to R, Step R back.

Step, Together, Flick X2

1-3 Step L back, Step R together, Flick L toe forward. (*)
4-6 Step L forward, Step R together, Flick L toe back.

Step, Together, Step, 1/4 turn, Together, Step (or spin)

1-3 Step L forward, Step R next to L, Step L forward.
4-6 Step R 1/4 to right, Step L next to R, Step R forward (9:00)

Twinkle X2

1-3 Cross L over R, Step R to side, Step L in place.
4-6 Cross R over L, Step L to side, Step R in place.

Step, Together, Step X2

1-3 Step L forward, Step R next to L, Step L forward.
4-6 Step R forward, Step L next to R, Step R forward.

Begin Again! Enjoy!

* On wall 5 (12:00) dance 21 counts then Restart from the beginning.

Last Update - 4th Sept 2014