

Glow Up

Compte: 32

Mur: 4

Niveau: Intermediate



Chorégraphe: Kristin Clove (USA) - May 2024

Musique: Be About It - Cut

S1-1st 8 Count

- 1-2 RF bounce side R, Bring RF together LF
- 3&4 Rock RF Back, recover inter LF, Scuff RF forward
- 5-6 walk RF walk LF
- 7&8 RF kick Ball LF slide L

S2- 2nd 8 Count

- 1-2 RF cross behind LF rock back, recover onto LF
- 3-4 step RF side R, 1/2 turn over L shoulder step LF
- 5-6 Cross tap RF over LF (lean back), tap RF side R
- 7&8 sailor 1/2 turn over R shoulder RF behind LF step side LF step side RF

Restart wall 4 (step onto LF on & bouncing out RF on 1)

S3- 3rd 8 Count

- 1-2 step LF forward step RF forward
- 3-4 step back LF step back RF
- 5&6 LF pony step back 2xs
- 7&8 RF coaster back, together LF, step forward RF

S4-4th 8 Count

- 1-2 step forward LF step forward RF
 - 3 LF paddle once 1/4 turn over R
 - 4 LF (keep moving) step onto LF 1/4 turn to back wall
 - 5&6 sailor RF cross back behind LF, step Rf side R, LF side L
 - 7&8 3 /4 turn sailor LF cross back behind RF step RF side R, LF step forward
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