

Heading Up

拍数: 64 墙数: 0 级数: Intermediate
编舞者: Robert Lindsay (UK) - January 2014
音乐: Up (feat. Demi Lovato) - Olly Murs : (Album: Never Been Better)



Intro – 16 Counts – Start on vocals (8 seconds)

Section 1: Side, Behind, & Heel & Cross, Step, ¼ Sailor, Step Forward

- 1-2 Step right to right. Step left behind right.
- &3&4 Step right beside left. Touch left heel left. Step left beside right. Step right across in front of left.
- 5 Step left to left side.
- 6&7 Turning ¼ turn right, step right behind left. Step left beside right. Step right forward.
- 8 Step left forward.

Section 2: Step, ½ Pivot Turn, Right Shuffle, Step, Touch & Heel & Step

- 1-2 Step right forward. Pivot ½ turn left.
- 3&4 Step right forward. Step left beside right. Step right forward.
- 5-6 Step left forward. Touch right to left.
- &7&8 Step right back. Touch left heel forward. Step left beside right. Step right forward.

Section 3 Step, ¼ Pivot, Cross Shuffle, Step, ½ Hinge Turn, Kick Ball Step

- 1-2 Step left forward. Pivot ¼ turn right.
- 3&4 Step left across right. Step right beside left. Step left across right.
- 5-6 Step right to right. Turning ½ turn left, step left to left.
- 7&8 Kick right across left. Step down on right. Step left forward.

Section 4: Touch, Touch, ¼ Sailor, Touch, Touch, ½ Sailor

- 1-2 Touch right forward. Touch right to right.
- 3&4 Turning ¼ turn right, step right behind left. Step left beside right. Step right forward.
- 5-6 Touch left forward. Touch left to left.
- 7&8 Turning ½ turn left, step left behind right. Step right beside left. Step left forward.

Section 5: Step, Drag, Coaster Step, Right Cross Toe Strut, Kick Ball Cross

- 1-2 Step big step to the right. Drag left to right.
- 3&4 Step left diagonally back behind right. Step right beside left. Step left diagonally forward left.
- 5-6 Step right toe across in front of left. Drop right heel.
- 7&8 Kick left diagonally left. Step down on left. Step right across left.

Section 6: Side Rock, Behind, Side, Step, Forward, Hold & Shuffle

- 1-2 Rock left to left. Recover weight onto right.
- 3&4 Step left behind right. Step right to right. Step left forward.
- 5-6 Step right forward. Hold.
- &7&8 Step left beside right. Step right forward. Step left beside right. Step right forward.

Section 7: Rock Forward, ½ Turn Shuffle, ¼ Turn Toe Strut x 2

- 1-2 Rock left forward. Recover weight onto right.
- 3&4 Turning ½ turn left, step left forward. Step right beside left. Step left forward.
- 5-6 Turning ¼ turn left, step right toe to right. Drop right heel.
- 7-8 Turning ¼ turn left, step left toe to left. Drop left heel.

Section 8: Kick and Point, Sailor Step, Step ¼ Pivot Turn, Step ½ Pivot Turn

- 1&2 Kick forward right. Step onto right. Point left to left side.
- 3&4 Step left behind right. Step right beside left. Step left beside right.
- 5-6 Step right forward. Pivot ¼ turn left.

7-8 Step right forward. Pivot $\frac{1}{2}$ turn left.

At the end of Walls one and 3, Section 8 is repeated.

At the end of Wall 2 there is a 4 count TAG, which consists of 4 hip bumps – right, left, right left.
