Up

拍数: 32	**墙数:** 4	**级数:** Improver	
编舞者: Gail Craddock (USA) - July 2019			
音乐: Up - Thomas Rhett			

#16 count intro, when full band plays

SKATE,TOUCH,SKATE,TOUCH,SKATE,SKATE,SKATE,TOUCH

1-2	Turning your body to face right corner, slide R a few inches towards right corner(skate) , touch L toe next to R (1:30)
3-4	Turning your body to face left corner, slide L a few inches towards left corner(skate), touch R toe next to L (10:30)
5-6	Skate R, skate L
7-8	Skate R, touch L toe next to R (1:30)

ANGLED TRIPLE BACK,1/8TURN/STEP,TOGETHER,SIDE TRIPLE,CROSS,SIDE

1&2	Keeping body faced to right corner step back on L, step R next to L, step back on L
3-4	Turning 1/8 to right step R to side, slide and step L next to R (3:00)
5&6	Step R to side, step L next to R, step R to side
7-8	Cross L over right and step, step R to side

LEFT SAILOR,RIGHT SAILOR, ROCK,RECOVER,LEFT COASTER STEP

1&2	Cross L behind R and step, step R to Side, step L slightly forward
3&4	Cross R behind L and step, Step L to side, step R slightly forward
5-6	Rock forward on L, recover weight on R
7&8	Step back on L, step R next to L, step forward on L

TRIPLE,BACK,SLIDE AND TOUCH,SWAY R-L-R-L

1&2	Step forward on R, step L next to R, step forward on R
3-4	Step back on L, slide R and touch next to L
5-6	Step R slightly to right and sway hip to right, change weight to L and sway hip to left
7-8	Change weight to R and sway hip to right, change weight to L and sway hip to left

END OF DANCE

#16 COUNT TAG: Done at end of wall 2(facing back) and at end of wall 4(facing front)
SIDE,TOUCH,SIDE,TOUCH,TRIPLE,ROCK RCOVER(Lindy)

1-2	Step R to side, touch L toe next to R
3-4	Step L to side, touch R toe next to L
5&6	Step R to side, step L next to R, step R to side
7-8	Rock back on L, recover weight on right

TRIPLE,ROCK,RECOVER(Lindy),SIDE,TOUCH,SIDE,TOUCH

1&2	Step L to side, step R next to L, step L to side
3-4	Rock back on R, recover weight on L
5-6	Step R to side, touch L next to R
7-8	Step L to side, touch R next to L

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