Giddy On Up



拍数: 40 墙数: 2 级数: Improver WCS

编舞者: Beverly Sprouse - October 2019 音乐: Giddy On Up - Laura Bell Bundy



Start dancing on lyrics

KICK LEFT FORWARD (TWICE), COASTER STEP, KICK RIGHT FORWARD (TWICE), COASTER STEP

1-2 Kick left forward twice

3&4 Step back on left foot, bring right next to left, step forward on left

5-6 Kick right forward twice

7&8 Step back on right foot, bring left next to right, step forward on right

*Option: Triple steps in place can replace the coaster steps for beginners (ie: step L-R-L for 3&4 and L-R-L in place for 7&8)

STEP OUT, OUT, STEP IN, IN, HIP BUMPS OR ROLLS

1-2 Step left to front left side, step right to right side

3-4 Step left backward to starting position, step right next to left

5-8 Bump hips, right, left, right, left *Option: Steps 5-8, bump hips 2x right and 2x left

JAZZ BOX WITH 1/4 TURN RIGHT, SHUFFLE FORWARD (R-L)

1-4 Cross right over left, step left back, step right turn ¼ right, step left forward

Step right slightly forward, slide left foot to instep of right foot, step slightly forward on right

Step left slightly forward, slide right foot to instep of left foot, step slightly forward on left

JAZZ BOX WITH 1/4 TURN RIGHT, RIGHT SAILOR, LEFT SAILOR

1-4 Cross right over left, step left back, step right turn ¼ right, step left forward

Cross right behind left, step left to side, step right slightly forward Cross left behind right, step right to side, step left slightly forward

KICK BALL CHANGE, KICK BALL CHANGE, JAZZ WITH TOUCH

1&2 Kick right foot forward, step down on right ball of foot, step down on left ball of foot 3&4 Kick right foot forward, step down on right ball of foot, step down on left ball of foot

5-8 Cross right over left, step left back, step right to side, touch left

REPEAT

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