拍数： 32
壇数： 0
级数：Beginner
编舞者：Shellie Stone（USA）－March 2024
音乐：Good Directions－Billy Currington
或：Up！－Shania Twain


#### Abstract

I teach this dance as a 1 wall line dance first facing both the front and back walls to familiarize dancers with both directions．I then demonstrate with a partner the first 8 counts before making our circles．The outer circle travels in line of dance（counterclockwise），while the inner circle travels reverse line of dance（clockwise）． Dance begins facing your partner about 2 feet apart，outer circle faces into the circle and inner circle faces outward．


［1－8］R Side Together，Shuffle Forward，L Side Together，Shuffle Back
1－2 Step $R$ foot to the right，bring $L$ foot next to right
3\＆4 Step R foot forward，Step L foot next to R，Step R foot forward
5－6 Step $L$ foot to the left，bring $R$ foot next to left
7\＆8 Step back with $L$ foot，bring $R$ foot next to left，Step $L$ foot back
［9－16］R Side Together，Side Touch，Left Side Together，Side $1 / 4$ Touch
1－2 Step $R$ foot to the right，Step $L$ foot next to right
3－4 Step $R$ foot to right，Touch $L$ foot next to right
5－6 Step $L$ foot to left side，Step $R$ foot next to left
7－8 Step $L$ foot to left side， $1 / 4$ turn left touching your $R$ foot next to left（after the $1 / 4$ turn you should be paired up，side by side with your partner for the following 8 counts．Outer circle is now facing clockwise and inner circle counterclockwise）
［17－24］Double Hip Bumps R，Recover L，Hold， 2 Times
1－2 Hip bump with your partner twice（to your right）
3－4 Recover weight to your L foot，Hold
5－8 Repeat 1－2－3－4
［25－32］ $1 / 2$ Pivot， 4 Walks， $1 / 4$ Pivot
1－2 Step $R$ foot forward making a $1 / 2$ pivot left，shift weight to $L$ foot
3－6 Walk $R, L, R, L$（while walking，pass by 1 person of the opposite circle before meeting up with your next partner．At this point outer circle travels counterclockwise while inner travels clockwise）
7－8 Step $R$ foot forward making a $1 / 4$ pivot left（you now have a new partner！）
Hope you enjoy my dance！！Questions：Email：ShellieStone33＠gmail．com

