

Up and Up

拍数: 32 墙数: 4 级数: Beginner
编舞者: Gail A. Dawson (USA) - May 2025
音乐: Up + Up - Colton Dixon



Intro – 4 Counts (on the word walk)

Step, Together, Triple Forward, Step, Together, Triple Back

1, 2 R step R, L step beside R
3&4 R step forward, L step beside R, R step forward
5, 6 L step L, R step beside L
7&8 L step back, R step beside L, L step back

Rock, Recover, Chasse Right, Cross Rock, Triple Turn ¼

1, 2 R rock to R, recover on L
3&4 R step to R, L step beside R, R step to R
5, 6 L cross over R, recover on R
7&8 L step turning ¼ to L (9 o'clock), R step beside L, L step forward

***Restart Here on Wall 3

Jazz Box, Rocking Chair

1, 2 R cross over L, L step back
3, 4 R step to R, L step beside R
5, 6 R rock forward, recover on L
7, 8 R rock back, recover on L

Walk, Walk, Triple Forward, Rock, Recover, Coaster Cross

1, 2 R step forward, L step forward
3&4 R step forward, L step beside R, R step forward
5, 6 L rock forward, recover on R
7&8 L step back, R step beside L, L cross over R

TAG After wall 2

Mambo Right, Mambo Left

1&2 R rock to R, recover on L, R step beside L
3&4 L rock to L, recover on R, L step beside R