

Buckle Up

拍数: 32 墙数: 2 级数: Absolute Beginner / Beginner
编舞者: Ulrika Andersson (SWE) & Carina Edin - June 2025
音乐: Vodka And Bloody Mary Mix - Northlake Shivers
或: Chasing Numbers - Robin Winther
或: Slogbods Baby - Sold's Finest
或: One Misstep - Desmond Lockwall
或: Lookout Heart - Robin Winther



(intro: 16 c, start on lyrics)

Alternative music:-

"Chasing Numbers" - Robin Winther

"Slogbods Baby" Sold's Finest (Tag 1: Section 1, count 1-4 after w2 & 6 / Tag 2: Section 2 after w 4 & 8)

"One Misstep"- Desmond Lockwall,

"LookOut Heart" - Robin Winther (Tag: "sway- sway" after w5 & w13)

The dance can be done as a 2 wall contra

Section 1 - Step fwd - Tap - Step back - Hook (x2)

1-4 Step R fwd, Tap L next to R, Step L back, Hook with R in front of L shin
5-8 Repeat 1-4

Section 2 - Step fwd - Together - Step fwd - Brush (R & L)

1-4 Step R fwd, step L next to R, step R fwd, brush L (slightly on R diagonal)
5-8 Step L fwd, step R next to L, step L fwd, brush R (slightly on L diagonal)

Section 3 - Step - Hold - Turn 1/4 - Hold (x2)

1-4 Step R fwd, hold, turn 1/4 L (weight on left), hold
5-8 Step R fwd, hold, turn 1/4 L (weight on left), hold

Section 4 - Stomp - Hold - Stomp - Hold - 4 x Hip Bumps

1-4 Stomp R, hold, stomp L, hold
5-8 Hip bump R - L - R - L

Options for section 4 (c 1-4)

Option 1: Heel- Together - Heel - Together

1-4 R Heel - Step R next to L - L Heel - Step L next to R

Option 2: V step

1-4 Step R out into R diagonal, Step L out into L diagonal, Step R back, Step L back.

Please feel free to add arm movements that you feel suits the music that you choose to dance to.

Choreographed for the music festival Buckle Up held at Ottarsborg, Sweden.