

Straight Up

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 4
编舞者: Carolyn Robinson (USA)
音乐: Straight Up - Paula Abdul

级数: Intermediate/Advanced



Sequence: A-B-A-B-A-A-C-B to the end

SECTION A

OUT IN OUT IN

- 1 Jump with both feet out (right foot to right diagonal, left foot back to left diagonal) body facing toward left diagonal
- & Bring feet together and face original wall
- 2 Jump with both feet out (right back toward right diagonal, left foot forward toward left diagonal) facing right diagonal
- & Bring feet together and face original wall - weight ending on left foot

SCUFF/HITCH/STEP

- 3 Scuff right foot
- & Hitch right foot
- 4 Step down on right foot slightly forward

SHUFFLE BACK LEFT-RIGHT-LEFT

- 5 Step back on left foot
- & Quick step right foot back toward left, but not past left foot
- 6 Step back on left foot

SWIVELS HEEL BUMPS TURNING ¼ LEFT

- 7 Swivels heels of both feet right bumping hips right (1/8 turn left)
- & Swivel heels left bumping hips left
- 8 Swivel heels right bumping hips right completing a ¼ turn left

ROCK AND STEP BACK

- 1 Rock forward on right foot,
- & Quickly step back on left
- 2 Take larger step back with right 45 degrees (toward back right diagonal)

SLIDE LEFT

- 3-4 Slide left foot back beside right foot, touch left beside right

AND CROSS BEHIND

- & Quick step onto left to left
- 5 Step right foot behind left

AND CROSS IN FRONT

- & Quick step onto left
- 6 Step right foot in front of left

TOUCH/TURN/TOUCH

- 7 Touch left foot to left side
- & Hitch left foot while turning ¼ turn left on ball of right foot
- 8 Touch left foot to left side

LUNGE LEFT

- 1 Step to the left beginning a squat with left hand on left thigh

LUNGE RIGHT

- 2 Step to the right ending squat with right hand on right thigh (feet should be a little more than shoulder distance apart)

SHOULDERS LEFT-RIGHT-LEFT

- 3 (While in squat position begin moving body from waist up)-slide shoulders/body to left
& Slide shoulders/body to the right
4 Slide shoulders/body to the left-weight on left foot

Remember to keep everything from waist down in the squat position and move body from waist up for these funky shoulders moves!

KICK/STEP

- 5 Kick right foot crossing behind left knee
6 Step down on right about shoulder's distance from left foot-body has moved up

ROLL ¼ TURN LEFT

- 7-8 Roll hips left to right (to the left motion) making a ¼ turn to the left-weight is on right and left foot is pointed forward

SHUFFLE LEFT-RIGHT-LEFT

- 1 Step left foot forward
& Quick step onto right foot (keeping right toes beside left foot instep)
2 Step left foot forward

SIDE ROCK & CROSS (RIGHT)

- 3 Rock step to the right with the right foot
& Quick recover weight onto left foot
4 Cross and step right foot in front of left

SIDE ROCK & CROSS (LEFT)

- 5 Rock step to the left with the left foot
& Quick recover weight onto right foot
6 Cross and step left foot in front of right

MONTEREY ½ TURN RIGHT

- 7 Touch right foot to right side
8 Sweep right foot around and back, turning body ½ turn right-- weight ending on right foot

HIPS LEFT-RIGHT-LEFT

- 1&2 Bump your hips to the left, right, left-weight ending on left

With arms extended to the sides from shoulders, bent at the elbows, hands in fists pointing toward ceiling, move both arms in the direction you are bumping your hips left-right-left. (note: when you bump your hips to the left, your head will move toward your left shoulder thus your right shoulder will be up high and your left shoulder will be low. The direction of the hip bump will be the same as the direction of your head.)

HIPS RIGHT-LEFT-RIGHT

- 3&4 Bumps your hips to the right, left, right-weight ending on right

With arms extended to the sides from shoulders, bent at the elbows, hands in fists pointing toward ceiling, move both arms in the direction you are bumping your hips right-left-right. (note: when you bump your hips to the right, your head will move toward your right shoulder thus your left shoulder will be up high and your right shoulder will be low. The direction of the hip bump will be the same as the direction of your head.)

KICK/TURN/KICK

- 5 Kick left foot forward
- & Hitch left foot while pivoting ¼ turn left
- 6 Kick left foot forward

COASTER STEP

- 7 Step back on the left foot
- & Quickly back step right beside left
- 8 Step forward with the left foot

STEP, SLIDE

- 1 Step right foot forward
- 2 Slide left beside right-weight on left

HIP ROLL BUMP RIGHT

- 3&4 Roll hips to the right right-left-right ending with bump to right

HIP ROLL LEFT WITH ¼ TURN LEFT

- 5&6 Roll hips to the left left-right-left turning ¼ turn to the left-weight on right

STEP/TAP TAP

- 7&8 Step forward with left, tap right foot twice (beside left foot)

SECTION B

RIGHT TOUCH OUT-IN-OUT

- 1 Touch and point right foot to the right side
- & Touch right foot beside left foot
- 2 Touch and point right foot to the right side

SAILOR SHUFFLE

- 3 Cross and step right foot behind left
- & Quick step left to the left
- 4 Step to the right with right

ROCK, RECOVER, STEP BACK

- 5 Rock forward on the left foot
- 6 Recover onto right foot
- 7 Step back onto left foot

BOUNCING ½ TURN LEFT

- 8&1 Bounce heel of left foot 3 times turning ½ turn left and hitching right leg as you bounce (you're dancing this to Paula's "oh, oh, oh" in the song!)

ROCK STEP

- 2-3 Rock forward onto the right foot, recover onto left

COASTER STEP (RIGHT)

- 4 Step back on the right foot
- & Quickly step left beside right
- 5 Step forward with the right foot

STEP, ¼ TURN RIGHT

- 6 Step forward onto left foot
- 7 Pivot ¼ turn right with weight transferring onto right foot

TOUCH AND

- 8 Touch left foot to the left side
& Quickly step left foot beside right

Counts 17-32 are identical to counts 1-16

RIGHT TOUCH OUT-IN-OUT

- 1 Touch and point right foot to the right side
& Touch right foot beside left foot
2 Touch and point right foot to the right side

SAILOR SHUFFLE

- 3 Cross and step right foot behind left
& Quick step left to the left
4 Step to the right with right

ROCK, RECOVER, STEP BACK

- 5 Rock forward on the left foot
6 Recover onto right foot
7 Step back onto left foot

BOUNCING ½ TURN LEFT

- 8&1 Bounce heel of left foot 3 times turning ½ turn left and hitching right leg as you bounce

ROCK STEP

- 2-3 Rock forward onto the right foot, recover onto left

COASTER STEP (RIGHT)

- 4 Step back on the right foot
& Quickly step left beside right
5 Step forward with the right foot

STEP, ¼ TURN RIGHT

- 6 Step forward onto left foot
7 Pivot ¼ turn right with weight transferring onto right foot

TOUCH AND

- 8 Touch left foot to the left side
& Quickly step left foot beside right

SECTION C

STEP/TOUCH

- 1 Step right foot to right
2 Touch left beside right

STEP/STEP

- 3 Step left foot to left (begin squat position)
4 Step right foot to right (complete squat position)

SHOULDERS LEFT-RIGHT

- 5 (Keeping body still from waist down, move from waist up) slide shoulders to left
6 Slide shoulders to right

SHOULDERS LEFT-RIGHT-LEFT

- 7&8 Slide shoulders left-right-left (moving body up from squat position)

TOUCH/STEP

- 1-2 Touch right beside left, step right foot to right

TOUCH/STEP

3-4 Touch left beside right, step left foot to left side---down in squat position

SHOULDERS LEFT-RIGHT

5 (Keeping body still from waist down, move from waist up) slide shoulders to left

6 Slide shoulders to right

SHOULDERS LEFT-RIGHT-LEFT

7&8 Slide shoulders left-right-left (moving body up from squat position)

TOUCH/STEP

1 Touch right foot beside left

2 Step right beside left

TOUCH/STEP

3 Touch left foot beside right

4 Step left foot beside right
