

拍数: 64 墙数: 4 级数: Intermediate

编舞者: Joenan (AUS)

音乐: Straight Up - Paula Abdul



### This dance is dedicated to our grand-daughters, Zara and Kyra, the apples of our eyes

## ROCK, RECOVER, SAILOR CROSS, ROCK, RECOVER, CROSS SHUFFLE

1-2	Rock right to	right side.	recover onto left

3&4 Cross step right behind left, step left to left side, cross step right over left

5-6 Rock left to left side, recover onto right

7&8 Cross step left over right, step right to right side, cross step left over right

### FULL TURN LEFT, MAMBO CROSS, MAMBO POINT

1-4	Stepping back on right make a full turn left over left shoulder
5&6	Rock right to right side, recover onto left, cross step right over left
7&8	Rock left to left side, recover onto right, point left toe beside right

# ROCK, RECOVER, SAILOR STEP ¼ TURN RIGHT, SAILOR STEP ¼ TURN RIGHT, ROCK, RECOVER ¼ TURN LEFT

1-2	Rock forward on left, recover onto right
3&4	Turning ¼ right sailor step on left, right, left
5&6	Turning 1/4 right sailor step on right, left, right

7-8 Rock forward on left, turning 1/4 left recover onto right

# TRIPLE STEP ½ TURN LEFT, HIP SWAYS, CHASSE RIGHT ½ TURN RIGHT, CHASSE LEFT, ½ TURN LEFT

1&2	Turning ½ left triple step on left, right, left
102	raining /2 left triple step on left, right, left

3-4 Step right to right side and sway hips right, sway hips left

Turning ½ right chasse right on right, left, right 7&8 Turning ½ left chasse left on left, right, left

# STEP RIGHT ¼ TURN LEFT, POINT, SWIVEL ½ RIGHT, FORWARD MAMBO ROCK, RECOVER, ROCK, RECOVER ½ TURN RIGHT, STEP FORWARD

1-3 Turning ¼ left step right to right side, point left toe slightly forward, on ball of right swivel ½

right

4&5 Rock forward on left, recover onto right, step left beside right

6-7 Rock back on right, recover onto left

8&1 Rock forward on right, turning ½ right recover onto left, step forward on right

# HIP SWAYS, CHASSE RIGHT, STEP BACK, CROSS STEP, STEP LEFT, STEP BEHIND STEP LEFT

2-4 Step left to left side and sway hips left, sway hips right, sway hips left

5&6 Chasse right on right, left, right

7-8 Step back on left, cross step right over left

&1& Step left to left side, cross step right behind left, step left to left side

# ROCK, RECOVER ¼ TURN RIGHT, STEP RIGHT, CROSS SHUFFLE, STEP RIGHT ½ TURN LEFT, TRIPLE STEP ½ TURN LEFT

2&3	Rock forward on right, turning 1/4 right recover onto left, step right to right side
4&5	Cross step left over right, step right to right side, cross step left over right

6 Turning ½ left step right to right side
7&8 Turning ½ left triple step on left, right, left

# STEP FORWARD $1\!\!4$ TURN LEFT, POINT, KICK AND POINT, SWIVEL $1\!\!4$ RIGHT, SAILOR CROSS, STEP

**LEFT** 

Turning ¼ left step forward on right, point left toe beside right
 Kick forward on left, step left beside right, point right toe beside left

5 On ball of left swivel ¼ right

6&7 Cross step right behind left, step left to left side, cross step right over left

8 Step left to left side

### REPEAT

### **TAG**

## After wall 4 facing front wall

# HOPSCOTCH (STOMP RIGHT, STOMP LEFT, STOMP CENTER, STOMP CENTER)

1-2 Stomp right to right side, stomp left to left side (keep both feet spread apart shoulder width)

3-4 Stomp right to center, stomp left to center beside right

## Alternative steps for the hopscotch:

1-2 Stomp right to right side, stomp left to left side

3-4 Jump up and land with both feet criss-crossed, jump up and land with both feet together

### **ENDING**

As the music fades away at the end, dance counts 7&8 of section 4 without the ½ turn left (i.e. Chasse left on left, right, left). You will complete the dance facing the front wall