Next Up!

拍數: 32   牆數: 0   級數: Beginner

編舞者: Shellie Stone (USA) - March 2024

音樂: Good Directions - Billy Currington

或: Up! - Shania Twain

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 ¼ 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, ¼ turn left touching your R foot next to left (after the ¼ 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] ½ Pivot, 4 Walks, ¼ Pivot

1-2	Step R foot forward making a ½ 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 ¼ pivot left (you now have a new partner!)

Hope you enjoy my dance!! Questions: Email: ShellieStone33@gmail.com