

拍數: 80 牆數: 2 級數: Improver
編舞者: London Para (USA) & Dani DePaola (USA) - June 2025
音樂: OTF - Geed Up



SEQUENCE: AB TAG ABAB TAG AB

INTRO: 32 COUNTS

PART A (32 COUNTS):

[1-8] R WIZARD STEP, L WIZARD STEP, ROCK FORWARD, STOMP HOLD HEEL SWIVEL

- 1&2 (1) step forward right diagonal with R foot, (&) step L behind R, (2) step forward right diagonal with R foot
3&4 (3) step forward L diagonal with L foot, (&) step R behind L, (4) step forward left diagonal with L foot
5&6 (5) rock forward R, (&) recover on L foot, (6) step back R
7&8 on toes of L foot swivel heel x2

[9-16] ¼ PIVOT TURN, CROSS SHUFFLE, ROCK FORWARD, TRIPLE TURN OVER L

- 1,2 (1) step forward R, (2) turn ¼ facing 9:00 wall
3&4 (3) step R foot in front of L crossing over, (&) step L slightly forward, (4) step R foot across from L
5,6 (5) Step L foot forward, (6) recover on R
7&8& (7) turn ¼ step w/ the L facing 3:00, (&) turn 1/8 facing 5:30 stepping with R, (8) 1/8 turn stepping L forward facing 6:00, (&) step R foot slightly forward

[17-24] SWEEP BACK L, BEHIND SIDE CROSS, CROSS SHUFFLE, SIDE ROCK RECOVER CROSS, HEEL SWIVELS L R L

- 1,2& (1) sweep back L foot, (2) step L behind R, (&) step out R foot to R side
3&4 (3) step L foot in front of R, (&) step R foot to R side, (4) step L foot in front of R
5&6& (5) rock R foot to R side, (&) step L foot in place, (6) cross R in front of L, (&) step L next to R
7&8 (7) rising up on balls of feet swivel both heels L, (&) swivel both heels R, (8) swivel both heels L

[25-32] BODY ROLL X2, PIVOT TURN X2

- 1,2& (1) facing 6:00 move upper body toward 9:00 starting to body roll, (2) finish body roll, (&) step R next to L
3,4 (3) step L foot back starting the body roll, (4) finish body roll
5,6 (5) step forward R, (6) ½ turn facing 12:00
7,8 (7) step forward R, (8) ½ turn facing 6:00

PART B 32 COUNTS:

[1-8] WALK FORWARD R L, OUT OUT IN IN, WALK FORWARD R L, SCUFF AND TOUCH, TURN R

- 1,2 (1) step forward R, (2) step forward L
&3&4 (&) step out R foot to R side, (3) step L foot to L side, (&) step back center with R, (4) step back center with L
5,6 (5) step forward R, (6) step forward L
7&8 (7) scuff R heel, (&) point L foot behind R, (8) full turn facing 6:00

[9-16] ROCK RECOVER TO R, BEHIND SIDE CROSS, TOE GRIND L, PONY STEP

- 1,2 (1) step R foot to R side, (2) recover on L
3&4 step L behind R, (&) step L to L side, (4) step R in front of L

5,6 (5) touch L foot slightly to L side, (6) turn L knee in turning $\frac{1}{4}$
7&8 (7) Step back L Hitch R knee, Ball Step R, Step L hitch R knee

[17-24] COASTER STEP, ROCK RECOVER L CROSS, ROCK RECOVER R FLICK, $\frac{3}{4}$ TURN, COASTER STEP

1&2 (1) step back on R, (&) step L next to R, (2) step forward R
&3&4 (&) cross right over L, (3) rock recover L, (&) cross L over R, (4) rock R with flick
5,6 (5) step forward L turning $\frac{1}{4}$ to face 6:00, (6) step back R turning $\frac{1}{2}$ to face 12:00
7&8 (7) step L back, (&) step R next to L, (8) step forward L

[25-32] BOX STEP, JUMP OUT CROSS HALF TURN

1,2 (1) cross L over R, (2) step L back
3,4 (3) step R to R side, (4) step L next to R
5,6 (5) jump out, (6) jump cross R over L
7,8 (7,8) unwind turning $\frac{1}{2}$ to face 12:00

TAG: 16 COUNTS

[1-8] 360 PADDLE TURN, CROSS, BACK SIDE X2

1,2 (1) $\frac{1}{4}$ turn stepping out to right (9:00), $\frac{1}{4}$ turn stepping out to right (6:00)
3,4 (3) $\frac{1}{4}$ turn stepping out to right (3:00), $\frac{1}{4}$ turn stepping out to right (12:00)
5&6 (5) Cross R over L, (&) step back R diagonal, (6) step L to L side
7&8 (7) cross L over R, (&) step back L diagonal, (8) step R to R side

[9-16] PIVOT TURN X2, STEP OUT R, STEP OUT L, HIP CIRCLE

1,2 step forward R, $\frac{1}{2}$ turn facing 6:00
3,4 step forward R, $\frac{1}{2}$ turn facing 12:00
5,6 step out R to R side, step L to L side
7,8 (7,8) push hips clockwise in a half circle
