

Shania's Up

拍數: 50 牆數: 4 級數: Beginner
編舞者: Rafael Corbí (ES) & Ariadna Corbi (ES)
音樂: Up! - Shania Twain



ROCK FORWARD, BACK, COASTER STEP TWICE

- 1-2 Rock forward with right foot crossing in front of left, recover weight to left foot
- 3&4 Step back with right foot, left beside right, step forward with right foot
- 5-6 Rock forward with left foot crossing in front of right, recover weight to right foot
- 7&8 Step back with left foot, right beside left, step forward with left foot

KICK BALL CROSS, ROCK, SIDE, COASTER CROSS, ROCK, SIDE

- 9&10 Kick forward with right foot, step right beside left, cross left over right
- 11-12 Rock right foot to right side, recover weight to left foot
- 13&14 Step right foot back, left beside right, cross right over left
- 15-16 Rock left foot to left side, recover weight to right foot

COASTER CROSS, PIVOT ½ TURN LEFT, PIVOT ¼ TURN LEFT

- 17&18 Step left foot back, right beside left, cross left foot over right
- 19-20 Step forward with right, pivot half turn left (weight on left)
- 21-22 Step forward with right, pivot quarter turn left (weight on left)

VINE RIGHT, VINE LEFT

- 23-24 Step right to right side, step left behind right
- 25-26 Step right to right side, touch left beside right
- 27-28 Step left to left side, step right behind left
- 29-30 Step left to left side, touch right beside left

STEPPING BACK WITH CLAPS

- 31-32 Step back with right foot in right diagonal, touch left beside right and clap your hands
- 33-34 Step back with left foot in left diagonal, touch right beside left and clap your hands
- 35-36 Step back with right foot in right diagonal, touch left beside right and clap your hands
- 37-38 Step back with left foot in left diagonal, touch right beside left and clap your hands

ROLLING VINE TRAVELING FORWARD

- 39-40 Step forward with right foot, doing a ½ turn right step left foot back
- 41-42 Doing a ½ turn right step right forward (you've done a full turn forward), step left beside right

TOE STRUTS TRAVELING FORWARD

- 43-44 Step forward with right toe, drop right heel
- 45-46 Step forward with left toe, drop left heel
- 47-48 Step forward with right toe, drop right heel
- 49-50 Step forward with left toe, drop left heel

REPEAT