

Step Up

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Kate Sala (UK)
音樂: Step Up - The Cheetah Girls



RIGHT, TOGETHER, RIGHT CHASSE, SYNCOPATED ROCK STEPS

- 1-2 Step right to right side, step left next to right
- 3&4 Step right to right side, step left next to right, step right to right side
- 5&6& Cross rock left behind right, recover on to right, side rock on left to left side, recover on to right
- 7&8 Cross rock left behind right, recover on to right, step on left to left side

RIGHT MAMBO FORWARD, BACK LOCK STEP, TURN ¼ RIGHT & SIDE TOUCH, TURN ¼ LEFT & SIDE TOUCH, CROSS & TOUCH

- 1&2 Rock forward on right, recover back on left, step back on right
- 3&4 Step back on left, lock step right over left, step back on left
- &5 Turn ¼ right stepping right to right side, touch left out to left side
- &6 Turn ¼ left stepping left down in place, side touch right out to right side
- 7&8 Cross step right over left, step left to left side & slightly back, touch right toe forward to right diagonal

FORWARD ROCK ON DIAGONAL, SAILOR STEP, KICK CROSS TOUCH, COASTER STEP WITH ¼ TURN RIGHT

- 1 Turning to face left diagonal & keeping right toe where it is, rock onto right
- 2 Recover on to left straightening up to 12:00 wall
- 3&4 Cross step right behind left, step left to left side, small step forward on right
- 5&6 Kick left forward, cross step left over right, touch right out to right side
- 7&8 Turn ¼ right stepping back on right, step left next to right, step forward on right

WALK FORWARD TWICE, SYNCOPATED ROCKING CHAIR, TURN ½ LEFT, FORWARD LOCK STEP

- 1-2 Walk forward on left, right
- 3&4& Rock forward on left, recover back on to right, rock back on left, recover forward on to right
- 5&6 Rock forward on left, recover back on to right, turn ½ left stepping forward on left
- 7&8 Step forward on right, lock step left behind right, step forward on right

LEFT SIDE STEP, BALL CROSS ROCK RIGHT BEHIND LEFT, RIGHT SIDE STEP, BALL CROSS ROCK LEFT BEHIND RIGHT, TURN ¼ LEFT & STEP ON BALL OF RIGHT BEHIND X 3, TURN ¼ LEFT STEPPING FORWARD ON LEFT

- 1&2 Step left to left side, rock onto ball of right behind left, recover onto left
- 3&4 Step right to right side, rock onto ball of left behind right, recover onto right
- 5& Turn ¼ left stepping small step forward on left, step onto ball of right behind left
- 6& Turn ¼ left stepping small step forward on left, step onto ball of right behind left
- 7& Turn ¼ left stepping small step forward on left, step onto ball of right behind left
- 8 Turn ¼ left stepping small step forward on left

CUFF RIGHT ACROSS LEFT, STEP RIGHT, COASTER STEP, STEP PIVOT ½ TURN LEFT, FULL TURN

- 1-2 Scuff right across the body with toe turned in, step right long step right
- 3&4 Step back on left, step right next to left, step forward on left
- 5-6 Step forward on right, pivot ½ turn left
- 7-8 Turn ½ left stepping back on right, turn ½ left stepping forward on left

REPEAT

TAG

At the end of wall 4 facing 12:00

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| 1&2 | Step forward on right, lift both heels, drop both heels down |
| 3-4 | Sweep left round from back to front, cross step left over right |
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