



ROUTINE OBBLIGATORIE PER LA cl. U
Disciplina COUNTRY WESTERN DANCE

Vedi art. 4.4 del Regolamento Tecnico di Settore - E.Po.Ca



Classe U - Team

GITTY UP DAISY

Phrased 80 counts - by Mark Paulino & Chris Jacques

Music: DAISY DUKES by Katelyn Paige

SEQUENCE: AA RESTART B C C A B C C C A B C C - Intro 16 counts

PART A (32 COUNTS)	
SKATE FORWARD 2X, SHUFFLE FORWARD, KICK	
1-2	Skate R forward on R diagonal (1), Touch L next to R (2)
3-4	Skate L forward on L diagonal (3), Touch R next to L (4)
5-6-7	Shuffle forward on R diagonal: R (5), L (6), R (7)
8	Kick L forward (8) - weight R, facing 1:30
CROSS, OUT, OUT, KNEE SWIVEL, KICK, BEHIND, SIDE	
1-2-3	Cross L over R (1), Step R to R side (2), Step L to L side, weight split (3)
4-5-6	Swivel both knees L (4), R (5), Recover weight L, kicking R to R side (6)
7-8	Cross R behind L (7), Step L to L side (8) - weight L, facing 12:00
1/4 TURN L WITH HIP SWAY 3X, STEP SIDE WITH TOE DRAG	
1-2	Rotate 1/4 L turn Stepping R to R side (1), Sway hips, touching L next to R (2)
3-4	Rotate 1/4 L turn Stepping L to L side (3), Sway hips, touching R next to L (4)
5-6	Rotate 1/4 L turn Stepping R to R side (5), Sway hips, touching L next to R (6)
7-8	Rotate 1/4 L turn Stepping L to L side (7), Drag toe of R next to L (8) - weight L, facing 12:00
KICK, CROSS, SIDE ROCK, RECOVER 2X	
1-2	Kick R in front of L (1), Cross R over L (2)
3-4	Rock L to L side (3), Recover weight R (4)
5-6	Kick L in front of R (5), Cross L over R (6)
7-8	Rock R to R side (7), Recover weight L (8) - weight L, facing 12:00
(Second A: restart into B after 16 counts)	
PART B (32 COUNTS)	
HEEL SWIVEL WALK, SIDE HEEL TOUCH, L SAILOR STEP, STEP WITH HIP SWAYS	

1&2&3	Walking forward on both balls of feet while heel swivels in and out -Land R ball forward (both heels in)(1)-Lift L foot forward (both heels out)(&)-Land L ball forward (both heels in)(2)-Lift R foot forward (both heels out)(&)-Land R ball forward (both heels in)(3)
4	Swivel R heel swivel out putting full weight shift on R as L side heel touch
5&6	L crosses behind R(5), R steps besides L(&), L steps forward in a diagonal (6)
&7-8	R neutral step(&), hips sway R(7), hips sway L(8)
(Hint: when you hip sway L, have L slightly turned towards R for 3/4 toe strut prep)	
TOE STRUT, ROCK RECOVER 1/4 STEP, 1/4 TURN WITH 3/4 PADDLE TURN	
1-2	3/4 turn R facing 9:00 with R toe touch forward(1), land R heel down putting full weight(2)
3&4	Rock L forward(3), recover back on R(&), 1/4 turn L facing 6:00 stepping L forward(4)
5&6&7&8&	1/4 turn L facing 3:00, performing a series of R ball changes keeping the weight shift over L with a 3/4 turn L facing 6:00. -Neutral/Side ball step with R(5)-Step on L slightly turned L(&)-Neutral/Side ball step with R(6)-Step on L slightly turned L(&)-Neutral/Side ball step with R(7)-Step on L slightly turned L(&)-Neutral/Side ball step with R(8)-Step on L slightly turned L facing 6:00(&)
STEP FORWARD SQUAT, HAND CLAP, STEP FORWARD WITH BODY ROLL UP, SIDE ROCK RECOVER STEP FORWARD 2X	
1-2	Big step forward with R while bending both knees(1), clap hands(2)(Clap hands under R for style)
3-4	Step forward with L, pushing both knees forward using the momentum to body roll up in an upright position(3,4)
5&6	R side rock(5), recover back on L(&), step forward with R(6)
7&8	L side rock(7), recover back on R(&), step forward with L(8)
HEEL SWITCHES, BACK TOE STRUT WITH 1/2 TURN, TWO STEP TURN, SCUFF HITCH STOMP	
1&2&	R heel touch forward(1), R steps besides L(&), L heel touch forward(2), L steps besides R(&)
3-4	R toe touch back(3), 1/2 turn R landing R heel down putting full weight(4)
5-6	L step forward with 1/2 turning R(5), R step back with 1/2 turning R(6)
7&8	L scuff forward(7), L hitch forward(&), L stomp forward(8)
PART C (16 COUNTS) STOMP, SIDE KICK, SAILOR STEP 2X	
1-2	R stomp besides L(1), R side kick(2)
3&4	R cross behind L(3), L step besides R(&), R steps forward in a diagonal(4)
5-6	L stomp stomp besides R(5), L side kick(6)
7&8	L cross behind R(7), R step besides L(&), L steps forward in a diagonal(8)

SIDE ROCK, RECOVER, WEAVE 2X

1-2	R side rock(1), recover on L(2)
3&4	R cross behind L(3), L side step(&), R cross over L(4)
5-6	L side rock(5), recover on R(6)
7&8	L cross behind R(7), R side step(&), L cross over R(8)