



Approved by:



Up

2 WALL – 64 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 2 & 3 4 & 5 6 – 8	Forward, Sailor Steps (Left & Right) Travelling Forward, Forward Rock, 1/2 Turn Step right forward on slight right diagonal. Cross left behind right. Step right to side. Step left forward on slight left diagonal. Cross right behind left. Step left to side. Step right forward on slight right diagonal. Rock forward left. Recover onto right. Turning 1/2 left step left forward. (6:00)	Step Left Sailor Right Sailor Rock Forward Half	Forward Turning left
Section 2 1 – 2 3 & 4 5 6 & 7 8 &	1/2 Turn, Back, Coaster Step, Forward, Heel & Touch & Heel Together Turning 1/2 left step right back. Step left back. (12:00) Step right back. Step left beside right. Step right forward. Step left forward. Touch right heel forward. Step right beside left. Touch left beside right. Touch left heel forward. Step left beside right.	Half Back Coaster Step Step Heel & Touch Heel Together	Turning left On the spot Forward On the spot
Section 3 1 – 2 & 3 & 4 5 & 6 7 & 8	Touch, Kick, Toe Switches (Left & Right), Right Sailor Step, Behind Side Cross Touch right beside left. Kick right forward. Step right beside left. Touch left to side. Step left beside right. Touch right to side. Cross right behind left. Step left to side. Step right to side. Cross left behind right. Step right to side. Cross left over right.	Touch Kick & Touch & Touch Right Sailor Behind Side Cross	On the spot Right
Section 4 1 – 2 & 3 & 4 5 – 6 7 & 8	Side, Hold, Ball Step x 2, Cross Rock, Shuffle 1/4 Turn Step right to side. Hold. Step left beside right. Step right to side. Step left beside right. Step right to side. Cross rock left over right. Recover onto right. Shuffle step 1/4 left, stepping - left, right left. (9:00)	Side Hold Ball Side Ball Side Cross Rock Shuffle Quarter	Right On the spot Turning left
Section 5 1 – 2 Option 3 & 4 5 – 6 & 7 – 8	Full Turn, Forward Shuffle, Forward Rock & Step Pivot 1/4 Turning 1/2 left step right back. Turning 1/2 left step left forward. (9:00) Replace full turn with Walk forward right, left. Step right forward. Close left beside right. Step right forward. Rock forward left. Recover onto right. Step left beside right. Step right forward. Pivot 1/4 turn left. (6:00)	Full Turn Right Shuffle Rock Forward & Step Pivot	Turning left Forward On the spot Turning left
Section 6 1 – 2 & 3 – 4 5 & 6 7 – 8 Option	Syncopated Jazz Box Cross Side, 1/4 Turn Coaster, Full Turn Cross right over left. Step left back. Step right to side. Cross left over right. Step right to side. Turning 1/4 left and step left back. Step right beside left. Step left forward. (3:00) Turning 1/2 left step right back. Turning 1/2 left step left forward. (3:00) Replace full turn with Walk forward, right left.	Cross Back & Cross Side Quarter Coaster Full Turn	On the spot Right Turning left
Section 7 1 – 2 3 & 4 5 – 6 7 & 8	Step Pivot 1/4, Cross Shuffle, Hinge 1/2 Turn, Cross Shuffle Step right forward. Pivot 1/4 turn left. (12:00) Cross right over left. Step left to side. Cross right over left. Turning 1/4 right step left back. Turning 1/4 right step right to side. (6:00) Cross left over right. Step right to side. Cross left over right.	Step Pivot Cross Shuffle Hinge Half Cross Shuffle	Turning left Left Turning right Right
Section 8 1 – 2 & 3 – 4 5 – 6 7 & 8	Syncopated Side Rocks, Touches Forward & Side, Coaster Step Rock right to side. Recover onto left. Step right beside left. Rock left to side. Recover onto right. Touch left toes forward. Touch left toes to side. Step left back. Step right beside left. Step left forward.	Side Rock & Side Rock Touch Touch Coaster Step	On the spot
Tag 1	End of Walls 1 and 3 (facing 6:00): Repeat Section 8 then Restart the dance.		
Tag 2	End of Wall 2: Right rocking chair, pushing arms up and looking up (on word 'up').		
Ending	End of Wall 6: Step right forward, bringing arms up and looking up. Ta Da!		

Choreographed by: Alison Biggs & Peter Metelnick (UK) November 2014

Choreographed to: 'Up' by Olly Murs ft Demi Lovato (115 bpm) from CD Never Been Better; download available from amazon or iTunes (16 count intro)

Tags: 2 Easy Tags (Tag 1 after Walls 1 and 3, Tag 2 after Wall 2)

Note: This is a recent No 1 in the charts as voted for by Linedancer members



A video clip of this dance is available at www.linedancerweb.com