

## Giddy On Up And Giddy On Out!

32 Count, 4 Wall, Improver

Choreographer: M. Vasquez (UK) Oct 2014

Choreographed to: Giddy On Up by Laura Bell Bundy

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Dance starts on main vocal

- 1 Cross Rocks, Shuffle Forward, Cross Samba**  
1-2 Cross rock left foot over right, recover back on right foot  
& Step left foot next to right  
3-4 Cross rock right foot over left, recover back on left foot  
& Step right foot next to left  
5&6 Step left foot forward, step right next to left, step left foot forward  
7&8 Cross right foot over left, step left foot slightly to left side (on &), step right foot next to left
- 2 Cross and 3/4 Unwind Turn Right, Coaster Step, Shuffle Forward, Sailor Step**  
1-2 Cross left foot over right, make 3/4 turn to the right transferring weight to left foot as you 'unwind'  
3&4 Step back on right foot, step left foot next to right, step forward on right foot \*R/4  
5&6 Step left foot forward, step right next to left, step left foot forward  
7&8 Cross right foot behind left, step left foot to left side, step right foot to place
- 3 Left Sailor Step, Touch, ½ Turn Right, Triple Step ½ Turn Right, Right Coaster Step**  
1&2 Cross left foot behind right, step right foot to right side, step left foot to place  
3-4 Touch right toe back, make ½ turn right taking weight onto right foot  
5&6 Make ½ turn right, stepping left, right, left, (weight ends up on L)  
7&8 Step back on right foot, step left foot next to right, step forward on right foot
- 4 Diagonal Left Forward Shuffle, Diagonal Right Forward Shuffle, Left Pony Step, Right Pony Step (Optional Arms: Lasso right arm in anticlockwise direction above head on the diagonal shuffles forward)**  
1&2 Step left foot diagonally forward, step right foot next to left, step left foot diagonally forward  
3&4 Step right foot diagonally forward, step left foot next to right, step right foot diagonally forward  
5&6 Step left foot to left side, step ball of right foot beside left as you lift left foot slightly off the floor (on &), step left foot in place  
7&8 Step right foot to right side, step ball of left foot beside right as you lift right foot slightly off floor (on &), step right foot in place

**Restarts:** Wall 4 – Complete wall up to the coaster step in Section 2 and restart (Wall 5)