

Spirits Up

32 Count, 4 Wall, Intermediate
Choreographer: Siu Selfridge (June 2009)
Choreographed to: Up! by The Saturdays

Start dancing on lyrics

JAZZ BOX, RIGHT FORWARD, ¼ LEFT PIVOT TURN, RIGHT FORWARD, ¼ LEFT PIVOT TURN
1-4 Cross right over left, step left back, step right to side, step left together
5-6 Step right forward, pivot ¼ left turn
7-8 Repeat 5-6

RIGHT GRAPEVINE HEEL JACK, RIGHT KICK FORWARD, LEFT CROSS TOUCH, TURN ¼ LEFT SHUTTLE
1-4 Step right to side, cross left behind right, step right back, touch left heel forward
5-6 Kick right forward, cross touch left toe over right
7&8 Turn ¼ left and step left forward, step right together, step left forward

LEFT FULL TURN, ROCKING CHAIR, RIGHT SIDE, LEFT BEHIND, TURN ¼ RIGHT, LEFT FORWARD
1-2 Turn ½ left and step right back, turn ½ left and step left forward
Optional: walk right forward, walk left forward
3&4& Rock right forward, recover to left, rock right back, recover to left
5-8 Step right to side, cross left behind right, turn ¼ right to right side, step left forward

KICK OUT, OUT, HIP BUMPS (RIGHT RIGHT-LEFT LEFT), RIGHT BACK, STEP LEFT ¼
&1-2 Kick right forward, step right slightly right, step left slightly left
3-4 Weight on right and push hips to right twice
5-6 Shift weight to left and push hips to left twice
7-8 Step right back, step left ¼ left side