

Step Up

32 Count, 4 Wall, Intermediate

Choreographer: Helen J Spaven (UK) Feb 2009

Choreographed to: Bounce by Timbaland,

CD: Timbaland Presents Shock Value

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- Side rock back, side rock forward, side, cross, unwind, touch.**
1-2& step left to left side. Rock back on right and recover weight on left.
3-4& step right to right side. Rock forward on left and recover weight on right.
5-6 step left to left side. Cross right over left.
7-8 unwind $\frac{3}{4}$ turn left. Touch right next to left.
- Raise right knee, step touch, out in out, sailor $\frac{1}{2}$ turn left.**
1-2 in two stages raise right knee keeping right leg as near to left as possible and raise left heel at the same time.
3-4 step right to right side (try to make the effect of stepping over something), touch left next to right.
&5-6 touch left to left side (&), touch left beside right (5). Touch left to left side (6).
7&8 turning $\frac{1}{2}$ turn left step left behind right, step right to right side. Step left to left side.
- Scuff hitch $\frac{1}{4}$ step, step pivot $\frac{1}{2}$, full triple turn right, step, pop knee.**
1&2 scuff right foot. Hitch right knee. Turn $\frac{1}{4}$ turn right as you step right foot down.
3-4 step forward on left foot and pivot $\frac{1}{2}$ turn right.
5&6 do a full triple turn over right shoulder stepping left right left.
7-8 step right beside left. Pop left knee forward.
- Block hitch point, right chasse, rock recover $\frac{1}{4}$ left, right kick ball touch.**
1&2 hold right fist up with forearm bent at 45 degree angle (1). raise left knee and touch it with right wrist (&). step back on left as you point right hand to right corner (2).
3&4 right chasse right left right.
5&6 rock forward on left. Recover weight onto right and turning $\frac{1}{4}$ turn left step left to side.
7&8 kick right foot forward. Step right to place. Touch left next to right.
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