

Up Up Up!

64 count, 4 wall, intermediate level

Choreographer: Wesley Cowie (UK) Nov 02
Choreographed to: Up! (red) by Shania Twain.

Available on 'Up!' Album, bpm:126

Start on the word 'be'. (13 Seconds intro)

Section 1 Point Back, Side, Crossing Chasse, Point Side, Forward, Back Shuffle.

- 1 - 2 Point right foot back. Point right toe to right side.
- 3 & 4 Cross right over left. Step left to left side. Cross right over left.
- 5 - 6 Point left toe to left side. Point left toe forward.
- 7 & 8 Step back on left. Close right beside left. Step back on left.

Section 2 Right Chasse, Full Turn Forward, Left Rock, Crossing Shuffle.

- 1 & 2 Step right to right side. Close left beside right. Step right to right.
- 3 On ball of right foot make 1/2 turn right. Step back on left.
- 4 On ball of left foot make 1/2 turn right. Step forward on right foot
- 5 - 6 Rock left foot to left side. Recover weight onto right foot.
- 7 & 8 Cross left over right. Step right to right side. Cross left over right.

Section 3 Step 1/4 Turn, Sweep 1/2 Turn, Forward Shuffle, Step, Pivot, Rock, Cross.

- 1 Step right 1/4 turn right.
- 2 Sweep left foot from behind right to in front of right making a further 1/2 turn right.
- 3 & 4 Step forward left. Close right beside left. Step forward left.
- 5 - 6 Step forward right. Pivot 1/2 turn left.
- 7 & 8 Rock right to right side. Recover onto left. Cross right over left

Section 4 Scuff, Step, Scuff, Cross, Hip Bumps 1/2 Turn.

- 1 - 2 Scuff left foot forward. Step forward left.
- 3 - 4 Scuff right foot forward. Cross right over left foot.
- 5 & Bump hips to right making 1/8 turn left. Bump hips left.
- 6 & Bump hips to right making 1/8 turn left. Bump hips left.
- 7 & Bump hips to right making 1/8 turn left. Bump hips left.
- 8 & Bump hips to right making 1/8 turn left. Bump hips left.

Section 5 Point, Kick, Coaster Step, 1/4 Chugs Right x 4.

- 1 - 2 Point right toe forward. Kick right foot forward.
- 3 & 4 Step back onto right. Close left beside right. Step forward on right.
- 5 & Hitch left knee making 1/4 turn right. Touch left toe to left side.
- 6 & Hitch left knee making 1/4 turn right. Touch left toe to left side.
- 7 & Hitch left knee making 1/4 turn right. Touch left toe to left side.
- 8 & Hitch left knee making 1/4 turn right. Touch left toe to left side.

Section 6 Point, Kick, Coaster Step, 1/4 Chugs Left x 2, Crossing Chasse.

- 1 - 2 Tap left toe beside right foot. Kick left foot forward.
- 3 & 4 Step back onto left. Close right beside left. Step forward on left.
- 5 & Hitch right knee making 1/4 turn left. Touch right toe to right side.
- 6 & Hitch right knee making 1/4 turn left. Touch right toe to right side.
- 7 & 8 Cross right over left. Step left to left side. Cross right over left.

Section 7 Left Rock, Close, Right Rock, Walk, Step 1/4 Turn, Rock Back.

- 1 - 2 Rock left to left side. Recover weight onto right.
- & Close left beside right.
- 3 - 4 Rock right to right side. Recover weight onto left
- 5 - 6 Walk forward right. Make 1/4 turn right stepping left to left side.
- 7 - 8 Rock back on right. Recover weight onto left foot.

Section 8 Right Chasse, Kick Ball Point, Close, Monterey 1/4 Turn.

- 1 & 2 Step right to right side. Close left beside right. Step right to right side.
- 3 & 4 Kick left foot forward. Step left beside right. Point right to right side.
- & Close right beside left.
- 5 - 6 Point right to right side. On ball of left make 1/4 turn right, stepping right beside left.
- 7 - 8 Touch left to left side. Step left beside right.

Tag: On walls 1 and 2 only, complete this tag after section 8 Count 2 then restart.

- 1 & 2 Kick left foot forward. Step left beside right. Tap right toe beside left foot.
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