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## Up! Up! Up!

32 count, 4 wall, beginner level

Choreographer: Nancy A. Morgan (USA) Nov 2002

Choreographed to: Up! By Shania Twain, CD: Up!

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Small TAG: On 2nd and 4th walls drop the last 4 counts.

Start as soon as you hear the hard beat after the break in the music.

### **HOP FORWARD, DROP DOWN AND UP, REPEAT, ROCK FORWARD, COASTER STEP**

- &1&2 Hop forward: Right, Left, Drop down slightly  
&3&4 Hop forward: Right, Left, Drop down slightly  
5,6 Rock forward on Left and back on Right  
7&8 Coaster Step - Step back on Left, back on Right, forward on Left

### **CROSS, STEP, SAILOR SHUFFLE, CROSS, STEP, SIDE SHUFFLE ¼ TURN**

- 1,2 Cross Right over Left, step Left to Left side  
3&4 Sailor Shuffle - Step Right behind Left, step Left to Left side, step Right foot to Right side  
5,6 Cross Left over Right, Step Right to Right side  
7&8 Turning a ¼ turn to your Left, Side Shuffle - Left, Right, Left

### **SHUFFLE FORWARD ¼ TURN, TWO WALKS FORWARD, ROCK FORWARD AND BACK AND FORWARD AND BACK**

- 1&2 Shuffle forward ¼ turn to your Left - Right, Left, Right  
3,4 Walk forward - Left, Right  
5&6&7&8 Rock forward on Right and Back on Left and forward on Right and back on Left

### **BACK COASTER STEP, ¼ TURN MAMBO, STOMP, HOLD FOR 3 COUNTS**

- 1&2 Back Coaster Step - Step back on Right, back on Left, step forward on Right  
3&4 ¼ turn Right Mambo - Step Right foot forward, turn ¼ turn Right as you step on your Left, Step Left next to your Right  
5,6,7,8 Stomp Right foot forward keeping weight on Left, Hold for 3 counts (or Tap heel 3 times.)