STEPPIN'OFF





gudrin Stemeide Mosti-a

That's Up

4 WALL – 64 COUNTS – INTERMEDIATE			
STEPS	Actual Footwork	Calling Suggestion	Direction
Section 1 1 - 2 3 & 4 5 - 6 7 & 8	Step Pivot 1/2, Kick Ball Step, Forward Rock, Shuffle 1/2 Turn Step right forward. Pivot 1/2 turn left. (6:00) Kick right forward. Step right beside left. Step left forward. Rock forward on right. Recover onto left. Shuffle step 1/2 turn right, stepping - right, left, right. (12:00)	Step Pivot Kick Ball Step Rock Forward Shuffle Half	Turning left On the spot Turning right
Section 2 1 - 2 3 - 4 5 & 6 7 - 8	Forward Rock, Back Heel Grind x 2, Coaster Step, Paddle 1/4 Turn x 2 Rock forward on left. Recover onto right. Step left back and grind right heel. Step right back and grind left heel. Step left back. Step right beside left. Step left forward. Turn 1/4 left touching right to side. Turn 1/4 left touching right to side. (6:00)	Rock Forward Heel Grinds Coaster Step Paddle Paddle	On the spot Back On the spot Turning left
Section 3 1 & 2 3 - 4 5 & 6 7 - 8	Behind Side Cross, Side Rock, Behind Side Cross, Side, Together Cross right behind left. Step left to left side. Cross right over left. Rock left to left side. Recover onto right. Cross left behind right. Step right to right side. Cross left over right. Step right to right side. Step left beside right.	Behind Side Cross Side Rock Behind Side Cross Side Together	Left On the spot Right
Section 4 1 & 2 3 - 4 5 & 6 7 - 8	Forward Shuffle, Forward Rock, Sailor 1/4 Turn, Step Pivot 1/2 Step right forward. Close left beside right. Step right forward. Rock forward on left. Recover onto right. Cross left behind right. Turn 1/4 left stepping right beside left. Step left forward. (3:00) Step right forward. Pivot 1/2 turn left. (9:00)	Right shuffle Rock Forward Sailor Quarter Step Pivot	Forward On the spot Turning left
Section 5 1 - 2 & 3 & 4 5 - 6 7 & 8	Side, Hold, & Side & Side, Cross Rock, Chasse Step right to right side. Hold. Step left beside right. Step right to side. Step left beside right. Step right to side. Cross rock left over right. Recover onto right. Step left to left side. Close right beside left. Step left to left side.	Side Hold & Side & Side Cross Rock Chasse Left	Right On the spot Left
Section 6 1 - 2 3 & 4 5 - 6 7 & 8	Point Point, Sailor Step, Heel Grind 1/4 Turn, Coaster Step Point right toe forward. Point right toe to right side. Cross right behind left. Step left to left side. Step right to place. Step left heel forward. Grind left heel turning 1/4 left (weight onto right). (6:00) Step left back. Step right beside left. Step left forward.	Point Point Right Sailor Heel Quarter Coaster Step	On the spot Turning left On the spot
Section 7 1 - 2 & 3 - 4 5 - 6 7 & 8	Syncopated Forward Rocks, Full Turn, Coaster Step Rock forward on right. Recover onto left. Step right beside left. Rock forward on left. Recover onto right. Turn 1/2 left and step left forward. Turn 1/2 left and step right back. Step left back. Step right beside left. Step left forward.	Rock Forward & Rock Forward Full Turn Coaster Step	On the spot Turning left On the spot
Section 8 1 - 2 3 & 4 5 - 8	Step Pivot 1/4, Kick Ball Change, Jazz Box Step Step right forward. Pivot 1/4 turn left. (3:00) Kick right forward. Step right beside left. Step left beside right. Cross right over left. Step left back. Step right to side. Step left forward.	Step Pivot Kick Ball Change Jazz Box Step	Turning left On the spot
Tag 1 1 – 2 3 – 4 5 – 6 7 – 8	End of Walls 1 and 3 (facing 3:00 and 9:00 respectively): Rolling Vine Touch x 2 Step right forward 1/4 turn right. Turn 1/2 right and step left back. Step right to side 1/4 turn right. Touch left toe to left side. Step left forward 1/4 turn left. Turn 1/2 left and step right back. Step left to side 1/4 turn left. Touch right beside left.	Rolling Vine Touch Rolling Vine Touch	Turning right Turning left
Tag 2 1 – 4	End of Wall 2 (facing 6:00): Rocking Chair Rock forward on right. Recover onto left. Rock back on right. Recover onto left.	Rocking Chair	On the spot
Ending	Dance ends facing 6:00: Step right forward. Pivot 1/2 turn left.	Step Pivot	Turning left

Choreographed by: Gudrun Schneider and Martina Ecke (DE) November 2014

Choreographed to: 'Up' by Olly Murs feat Demi Lovato from CD Never Been Better;

download available from amazon or iTunes

Tags: Two Tags: Tag 1 danced after Walls 1 and 3, Tag 2 danced after Wall 2



A video clip of this dance is available at www.linedancermagazine.com