



Remember to Vote for your favourite dances in the Linedancer Charts.

Sequence: A, B, C, C, A, B, C, C, A, B, C, C, C, C

Part A

SEC 1 ½ TURN STEP, SIDE ROCK CROSS, SIDE ROCK CROSS , LOCK STEP FORWARD

1&2 Step forward right make ½ turn left step right forward right
3&4 Rock left to the left, recover on right cross left over right
5&6 Rock right to the right, recover on left cross right over left
7&8 Step left forward, step right behind left and step left forward

SEC 2 ½ TURN STEP, SIDE ROCK CROSS, SIDE ROCK CROSS , LOCK STEP FORWARD

1&2 Step forward right make ½ turn left step right forward right
3&4 Rock left to the left, recover on right cross left over right
5&6 Rock right to the right, recover on left cross right over left
7&8 Step left forward, step right behind left and step left forward

SEC 3 KICK/KICK, COASTER STEP, KICK/KICK, COASTER STEP

1-2 Kick right foot forward, kick right foot to right side
3&4 Step right behind left, step left beside right, step right forward
5-6 Kick left foot forward, kick left foot to left side
7&8 Step left behind right, step right beside left, step left forward

SEC 4 ROCK, RECOVER ½ TRIPLE TURN TWICE

1-2 Rock forward on right, recover on left
3&4 Make ½ triple turn over right shoulder stepping right, left, right (3&4)
5-6 Rock forward on left, recover on right
7&8 Make ½ triple turn over left shoulder stepping left, right, left (7&8)

Part B

SEC 1 JUMP FORWARD, HIP BUMPS, JUMP, HIP BUMPS

&1-2 Step Right forward, step Left to left, hold
3&4 Bump hips left, right, left
&5-6 Step right beside left, step left to left, hold
7&8 Bump hips right left, right

SEC 2 JUMP, HIP BUMPS, JUMP BACK, HIP BUMPS

&1-2 Step left beside Right step right to the right, hold
3&4 Bump Hip right, left, right
&5-6 Step Left back, step right back, hold
7&8 Bump hips left, right, left (weight on left)

Spice It Up (Rebirth)
Continues... Page 1 of 2



Spice It Up (Rebirth)

Continued... Page 2 of 2

Part C

WEAVE, STEP-SLIDES WITH HIP ACTION

- 1-2 Cross right in front left, step left to left side
- 3-4 Cross right in behind of left, step left to left side
- 5& Right step side right moving hips left, left slide next to right
- 6& Right step side right moving hips left, left slide next to right
- 7& Right step side right moving hips left, left slide next to right
- 8 Right step side right moving hips left

SEC 2 OUT OT BACK BACK, ROLLING HIPS BUMPS

- 1-2 Step left forward, right forward to the right
- 3-4 Step left back, right back to the right
- 5-8 Rolling hip anti-clockwise from left to right

