Up And Try

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64 Count 2 Wall Advanced Level Dance.
Choreographed by: Debbie Mabbs (UK) \& Lorraine Monahan (UK) Nov 2022
Choreographed to: Up And Try by DJ Mayson
Intro: 32 Counts. Start at approx 15 secs

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

## SEC 1 FULL TURN, BACK, TOUCH, DOROTHY, DOROTHY

1-2 Make $1 / 2$ turn R stepping forward on R , make a $1 / 2$ turn R stepping back on L (12:00)
3-4 Step back on $R$, touch $L$ in front of $R$
5-6\& $\quad$ Step $L$ to $L$ diagonal, cross lock $R$ behind $L$, step $L$ to $L$ diagonal
7-8\& Step R to $R$ diagonal, cross lock L behind $R$, step $R$ to $R$ diagonal

SEC 2 ROCK FWD, RECOVER, TRIPLE FULL TURN, ROCK FWD, RECOVER, PONY STEPS BACK
1-2 Rock forward on $L$, recover on $R$
3\&4 Make a full triple turn $L$ on the spot stepping $L, R, L$
Option Coaster step
5-6 Rock forward on R, recover on L
$7 \& 8$ Step back on $R$ while popping $L$ knee up, step $L$ next to $R$, step back on $R$ while popping $L$ knee up (keep steps small)
Option Shuffle back

SEC 3 PONY STEPS BACK, SWITCHES, BODY ROLL, STEP, $1 / 4,1 / 4$
1\&2 Step back on L while popping $R$ knee up, step $R$ next to $L$, step back on $L$ while popping $R$ knee up (keep steps small)
Option Shuffle back
$3 \& 4$ Touch $R$ to $R$ side, step $R$ next to $L$, touch $L$ to $L$ side
\&5-6 Step $L$ next to $R$, touch $R$ to $R$ side, body roll to $R$ side transferring weight to $R$
\&7-8 Step $L$ next to $R$, make $1 / 4$ turn $R$ stepping forward on $R$, make $1 / 4$ turn $R$ stepping $L$ to $L$ side (6:00)

SEC 4 SAILOR, BEHIND, STEP ¼, STEP, CROSS, UNWIND FULL TURN, BEND KNEES, STRAIGHTEN UP
1\&2 Step $R$ behind $L$, step $L$ to $L$ side, step $R$ to $R$ side
$3 \& 4 \quad$ Step $L$ behind $R$, make $1 / 4$ turn $R$ stepping forward on $R$, step forward on $L(9: 00)$
5-6 Cross step $R$ over $L$, unwind full turn $L$ (weight on both feet)
7-8 Bend both knees, gradually straighten up making a gentle snake roll (weight on L )

Restart Here on Wall 3

SEC 5 OUT, OUT, IN, IN, TOUCH OUT IN OUT, BEHIND $1 ⁄ 4$ STEP, $1 ⁄ 2$ TURN SHUFFLE
1\& Small step on $R$ out to $R$ side, small step on $L$ out to $L$ side
2\& Bring $R$ back in to place, bring $L$ back in next to $R$
3\&4 Touch $R$ out to $R$ side, touch $R$ next to $L$, touch $R$ out to $R$ side
5\&6 Step $R$ behind $L$, step $L$ to $L$ side, step forward on $R$
7\&8 Make $1 / 4$ turn $R$ stepping $L$ to $L$ side, cross step $R$ over $L$, make $1 / 4$ turn $R$ stepping back on $L(3: 00)$

Up And Try
Continues... Page 1 of 2

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Continued... Page 2 of 2

## SEC $6 \quad 1 ⁄ 2$ TURN SHUFFLE, ½ BOX TURN, TOUCH, HIP ROLL

1\&2 Make $1 / 4$ turn $R$ stepping $R$ to $R$ side, step $L$ next to $R$, make $1 / 4$ turn $R$ stepping forward on $R(9: 00)$
3-4 Step $L$ to $L$ side, make $1 / 4$ turn $R$ stepping $R$ to $R$ side (6:00)
5-6 $\quad$ Make $1 / 4$ turn $R$ stepping $L$ to $L$ side, touch $R$ next to $L$ (3:00)
7-8 Roll hips anticlockwise transferring weight to $R$
SEC 7 HIP ROLL, $1 / 2$ BOX TURN, TOUCH, HIP ROLL
1-2 Roll hips clockwise transferring weight to L
3-4 $\quad$ Step $R$ to $R$ side, make $1 / 4$ turn $L$ stepping $L$ to $L$ side (12:00)
5-6 Make $1 / 4$ turn $L$ stepping $R$ to $R$ side, touch $L$ next to $R(9: 00)$
7-8 Roll hips clockwise transferring weight to $L$

SEC 8 HIP ROLL, SHUFFLE ¼, KICK \& POINT \& POINT \& PRESS
1-2 Roll hips anticlockwise transferring weight to $R$
3\&4 Make $1 / 4$ turn $L$ stepping forward on $L$, step $R$ next to $L$, step forward on $L$ (6:00)
5\&6 Kick $R$ forward, step down on $R$, point $L$ to $L$ side
\&7 Step $L$ next to $R$, point $R$ to $R$ side
\&8 Step R next to L, press forward on L bending both knees (keep weight on L)
Tag At the end of Wall 5
PADDLE 1¼ TURN
1 Keeping weight on L touch R toes to floor and push into $1 / 4$ turn $\mathrm{L}(6: 00)$
2 Keeping weight on $L$ touch $R$ toes to floor and push into $1 / 2$ turn $L$ (12:00)
$3 \quad$ Keeping weight on $L$ touch $R$ toes to floor and push into $1 / 4$ turn $L$ (9:00)
$4 \quad$ Keeping weight on $L$ touch $R$ toes to floor and push into $1 / 4 \operatorname{turn} \mathrm{~L}(6: 00)$

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