

Up And Try



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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 1-2 3-4 5-6& 7-8&	FULL TURN, BACK, TOUCH, DOROTHY, DOROTHY Make ½ turn R stepping forward on R, make a ½ turn R stepping back on L (12:00) Step back on R, touch L in front of R Step L to L diagonal, cross lock R behind L, step L to L diagonal Step R to R diagonal, cross lock L behind R, step R to R diagonal
SEC 2 1-2 3&4 Option 5-6 7&8 Option	ROCK FWD, RECOVER, TRIPLE FULL TURN, ROCK FWD, RECOVER, PONY STEPS BACK Rock forward on L, recover on R Make a full triple turn L on the spot stepping L, R, L Coaster step Rock forward on R, recover on L 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) Shuffle back
SEC 3 1&2 Option 3&4 &5-6 &7-8	PONY STEPS BACK, SWITCHES, BODY ROLL, STEP, ¼, ¼ 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) Shuffle back Touch R to R side, step R next to L, touch L to L side Step L next to R, touch R to R side, body roll to R side transferring weight to R Step L next to R, make ¼ turn R stepping forward on R, make ¼ turn R stepping L to L side (6:00)
SEC 4 1&2 3&4 5-6 7-8	SAILOR, BEHIND, STEP ¼, STEP, CROSS, UNWIND FULL TURN, BEND KNEES, STRAIGHTEN UP Step R behind L, step L to L side, step R to R side Step L behind R, make ¼ turn R stepping forward on R, step forward on L (9:00) Cross step R over L, unwind full turn L (weight on both feet) Bend both knees, gradually straighten up making a gentle snake roll (weight on L)
SEC 5 1& 2& 3&4 5&6 7&8	OUT, OUT, IN, IN, TOUCH OUT IN OUT, BEHIND ¼ STEP, ½ TURN SHUFFLE Small step on R out to R side, small step on L out to L side Bring R back in to place, bring L back in next to R Touch R out to R side, touch R next to L, touch R out to R side Step R behind L, step L to L side, step forward on R Make ¼ turn R stepping L to L side, cross step R over L, make ¼ turn R stepping back on L (3:00)

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SEC 6	½ TURN SHUFFLE, ½ BOX TURN, TOUCH, HIP ROLL
1&2	Make ¼ turn R stepping R to R side, step L next to R, make ¼ turn R stepping forward on R (9:00)
3-4	Step L to L side, make ¼ turn R stepping R to R side (6:00)
5-6	Make ¼ 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, ½ BOX TURN, TOUCH, HIP ROLL
1-2	Roll hips clockwise transferring weight to L
3-4	Step R to R side, make ¼ turn L stepping L to L side (12:00)
5-6	Make ¼ 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 1/4, KICK & POINT & PRESS
1-2	Roll hips anticlockwise transferring weight to R
3&4	Make ¼ 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 11/4 TURN
1	Keeping weight on L touch R toes to floor and push into 1/4 turn L (6:00)
2	Keeping weight on L touch R toes to floor and push into ½ turn L (12:00)
3	Keeping weight on L touch R toes to floor and push into ½ turn L (9:00)
4	Keeping weight on L touch R toes to floor and push into ¼ turn L (6:00)

