Pour One Up!



Count: 64 Wand: 2 Ebene: Phrased Advanced

Choreograf/in: Jannie Tofte Stoian (DK) - October 2015

Musik: Funeral - Lukas Graham: (iTunes)



Phrasing: □A,B, C, TAG, A, B, C, C, B, B, B, Ending

Intro: ☐ 16 counts from piano really starts (app. 34 seconds into song)

Note: ☐ See bottom for details on transitions between sections, tag and ending.

A SECTION (1 wall – always starts facing 12:00) 32 COUNTS			
A[1-8]□Step ½ L, 1½ L sweep, Behind side cross, Sway x2, Sailor step, Behind ¼ R step□			
1-2	Step R fw, turn ½ L stepping onto L (don't turn too much as you will continue turning) ☐ 12:00		
&a3	Turn ½ L stepping R back, turn ½ L stepping L fw, turn ½ L stepping R back sweeping L from front to back \square 12:00		
4&a	Cross L behind R, step R to R side, cross L over R□ 12:00		
5-6	Sway R, sway L □ 12:00		
7&a	Cross R behind L, step L to L side, step R to R side ☐ 12:00		
8&a	Cross L behind R, turn ¼ R stepping R fw, step L fw□ 03:00		
AIO 403 Chan Otan 1/ Distant Otan susaan Onesa bask 1/ L Oussaan Osasatan stan 🗆			
A[9-16]□Step, Step ½ R step, Step sweep, Cross back, ¼ L Swayx3, Coaster step□			

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1		Ste	p R fw□ 03:	00	

2&a	Step L fw, turn ½ R stepping onto R, step L fw□ 09:00
3	Step R fw, sweeping L from back to front □ 09:00

Cross L over R, step R back □ 09:00 4a

5-7 Turn ¼ L stepping L to L side and swaying, sway R, sway L□ 06:00

Step R back, step L next to R, step R fw □ 06:00 8&a

A[17-24]□Step sweep, Weave, ¼ L, Full spiral, Step step ½ L, Twinkle x2□

1 Step L fw, sweeping R from back to front □ 06:00	
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2&a	Casas Davisal	-41 4-1 -1-1-	cross R behind L□ 06:00
Zaa	CIOSS R OVELL.	. Steb L to L Side.	Cross & Dening L U0.00

3 Turn ¼ L stepping L fw□ 03:00

4 Cross R over L, full turn L ending with weight on R and L hooked in front □ 03:00

Step L fw, step R fw, turn ½ L stepping onto L□ 09:00 5a6

Cross R over L, step L to L side, step R to R side (facing slightly diagonal R)□ 10:30 7&a Cross L over R, step R to R side, step L to L side (facing slightly diagonal L) □ 07:30 8&a

A[25-32] ☐ Step sweep, Jazz box, Step slide, Chasse ¼ L, Sway x3, Together cross ¼ L ☐

1 Step R fw (still keeping the diagonal) while sweeping L from back to fro	ont⊟ 07:30
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2&a Cross L over over R, step R to R side, step L back ☐ 07:30 3 Step R a big step back while sliding L toward R□ 07:30

4a Turn ½ L squaring up stepping L to L side, step R next L□ 06:00

5-7 Step L to L side and swaying, sway R, sway L□ 06:00

8&a Close R next to L, cross L over R, turn ¼ L stepping R back □ 03:00

B SECTION (2 walls) 16 COUNTS

B[1-8]□½ L sweep, Cross ¼¼ R, Rock step, Figure 4½ L, Twinkle, Rock coaster□

1	Turn ½ L stepping L	L fw. sweepina R f	from back to front□ 09:00

2&a Cross R over L, turn ¼ R stepping L back, turn ¼ R stepping R fw (think jazz box ½ turn)

03:00

3-4 Rock L fw, recover onto R (prepping body R) \square 03:00

Step L fw while R foot goes to L shin, turn ½ L on L foot ☐ 09:00 5

Cross R over L, step L to L side, step R to R side (facing slightly diagonal R) □ 10:30 6&a

7-8&a Rock L fw, recover onto R, step L next to R, step R fw□ 10:30 B[9-16] ☐ Step sweep, Weave, Side rock ¼ L, Together cross, Side sailor step, Cross rock ☐ Step L fw, sweeping R from back to front (squaring up to 9:00 wall) □ 09:00 1 2&a Cross R over L, step L to L side, cross R behind L□ 09:00 3-4&a Rock L to L side, recover onto R while turn ¼ L, step L next to R, cross R over L□ 06:00 5 Step L to L side ☐ 06:00 6&a Cross R behind L, step L to L side, step R to R side ☐ 06:00 7-8a Cross rock L over R, recover onto R, step L back □ 07:30 C SECTION (1 wall - always starts facing 7:30) 16 COUNTS C[1-8]□Step sweep x3, Coaster step, Walk x2, Basic ½ L x2□ 1-3 Step R back sweeping L from front to back, repeat with L, repeat with R□ 07:30 4&a Step L back, step R next to L, step L fw □ 07:30 5-6 Walk fw R, walk fw L (prepping body R) \square 07:30 7&a Turn ¼ L stepping R to side, step L next to R, turn ¼ L stepping R back □ 01:30 8&a Turn ¼ L stepping L to side, step R next to L, turn ¼ L stepping L fw □ 07:30 C[9-16]□½ L sweep, Step sweep x2, Coaster step, Walk x2, Basic ½ L x2□ 1 Turn ½ L stepping R back, sweeping L from front to back □ 01:30 2-3 Step L back sweeping R from front to back, repeat with R□ 01:30 Step L back, step R next to L, step L fw□ 01:30 4&a 5-6 Walk fw R, walk fw L (prepping body R) □ 01:30 7&a Turn ¼ L stepping R to side, step L next to R, turn ¼ L stepping R back □ 07:30 8&a Turn ¼ L stepping L to side, step R next to L, turn ¼ L stepping L fw □ 01:30 Tag – appears only once after your first C facing 01:30 Counts□Footwork□End facing [1-8] □ Cross rock ¼ R - Cross rock side x2, Cross rock ¼ R, Mambo step, Step slide, Coaster step □ Cross rock R over L, recover onto L, turn ¼ R stepping R to R side □ 04:30 1&a 2&a Cross rock L over R, recover onto R, step L to L side □ 04:30 Cross rock R over L, recover onto L, turn ¼ R stepping R to R side □ 07:30 3&a 4&a Cross rock L over R, recover onto R, step L to L side ☐ 07:30 5&a Cross rock R over L, recover onto L, turn ¼ R stepping R to R side ☐ 10:30 6&a Rock L fw, recover onto R, step L back ☐ 10:30 7 Step R big step back sliding L toward R□ 10:30 8&a Turning ¼ R step L back, step R next to L, step L fw□ 12:00 **Transitions:** From C to C: Start C the same you start the second section of C - by turning ½ L stepping R back and sweeping L From C to B: You end C facing 01:30. Sweep R around % L to face 09:00 on count 1. Continue the dance normally from count 2 From B to B (this is where it becomes a 2 wall dance): Dance B up to count 15 - then do 8&a Recover onto R, step L back, step R back □ 07:30 Turn ¾ L stepping L fw sweeping R from back to front (continue normally from here) □ 03:00 Ending: Finish the last B normally – then do 1-3 Step R back sweeping L from front to back, repeat with L, repeat with R□ 07:30 4a5 Cross L behind R, turn ¼ L stepping R back, turn ¼ L stepping L fw sweeping R from back to front □ 01:30 6-7 Step R fw sweeping L from back to front, repeat with L□ 01:30

8&a1

Good luck & enjoy! (sorry – it is actually not as difficult as stepsheet might indicate)

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