

# Grow Up

Count: 48

Wand: 4

Ebene: Improver

Choreograf/in: Trizia Ruggiero (UK) - November 2016

Musik: Grow Up - Olly Murs



Intro: 16 counts

## S1: TOUCH BACK/ TOUCH TOGETHER/SHUFFLE BACK

- 1-2 Touch R back- touch R beside L
- 3&4 Step back on R/ step L beside R/ step back on R
- 5-6 Touch L back/ touch L beside R
- 7&8 step back on L/step R beside L/ step back on L

## S2: ANGLE KNEE/HOLD/SWEEPS/COASTER/WALK/WALK

- 1-2 Angle R knee across L[1] Hold [2]
- 3-4 Sweep R foot back/ sweep L foot back
- 5&6 Step back on R/ step onto L/ step forward on R
- 7-8 walk forward L/ Walk forward R

## S3: TOUCH FORWARD / TOUCH TOGETHER/ SHUFFLE FORWARD

- 1-2 Touch L forward- touch L beside R
- 3&4 Step forward on L/ step R beside L/ step forward on L
- 5-6 Touch R forward/ touch R beside L
- 7&8 Step forward on R/ step L beside R/ step forward on R

## S4: ANGLE KNEE/HOLD/ SWEEPS/COASTER/WALK/WALK

- 1-2 Angle Lknee across R [1] Hold [2]
- 3-4 Sweep L foot back/ sweep R foot back
- 5&6 Step back on L/step onto R/ step forward on L
- 7-8 Walk forward R/walk forward L

## S5: SIDE ROCK CROSS/SIDE ROCK TOGETHER

- 1&2 Rock R to R side [1] replace weight on L[&] cross R over L
- 3&4 Rock L to L side[ 3] replace weight on R [ &] cross L over R
- 5&6 Rock R to R side [5] replace weight on L [ &] step R beside L
- 7&8 Rock L to L side [7] replace weight on R [ &] Step L beside R

## S6: VINE/3QUARTER TURN /KICK BALL CHANGE

- 1-4 Step R to side/ step L behind R/ step R to side / cross L over R
- 5&6 Step R quarter turn to L/step L quarter turn / step R quarter turn [ 3.00 wall]
- 7&8 Kick L forward/ step onto ball of L/ step R beside L

END OF DANCE/ NO TAGS/ NO RESTARTS.

Contact: [colinthebusdriver@hotmail.com](mailto:colinthebusdriver@hotmail.com)