

Up!

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Mandie Spano (CAN) - February 2024

Musik: Up! - Shania Twain



Walk backwards 3x, kick, walk backwards 3x, kick.

1 - 4 Walk backwards, R, L, R, kick left foot forward.

5 - 8 Walk backwards, L, R, L, kick right foot forward.

Side rock, shuffle, side rock, shuffle.

9 - 10, 11 & 12 R foot side rock, recover L, shuffle forward, crossing over L foot.

13 - 14, 15 & 16 L foot side rock, recover R, shuffle forward, crossing over R foot.

Vine, shuffle, pivot, shuffle.

17 - 18, 19 & 20 R foot side, L foot behind, shuffle side, R, L, R.

20

21 - 22, 23 & 24 Pivot turn to side, shuffle forward, L, R, L.

24

Full turn, walk, walk, hips.

25 - 28 Full turn to left, R, L, walk, walk, R, L.

29 - 32 Hips, R back, L forward.

Repeat.

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