

# Take Me Up

Count: 32

Wand: 2

Ebene: Beginner

Choreograf/in: Lorraine Susan Taylor (UK)

Musik: Spirit In the Sky - Norman Greenbaum



## **SYNCOPATED GRAPEVINE, STEP TAP, HIP BUMPS**

- 1-2 Step right foot to right, cross left foot behind right foot  
&3 Step right foot to right, cross left foot over right foot  
4 Tap right toe to right  
5-6 Cross right foot over left foot, tap left toe to left  
7&8 Bump hips left, right, left taking weight onto left foot, count 8

## **TWIST TURN, HEEL BOUNCES, STOMP & TWIST**

- 9-10 Cross right foot over left foot, turn  $\frac{1}{2}$  to left, (weight on both feet)  
&11 Lift both heels, put heels down  
&12 Lift both heels, put heels down  
13-14 Stomp right foot forward, stomp left foot small step to left  
15-16 Twist heels to left, twist heels to right

**Applejacks may be danced in place of twists**

## **SHUFFLE, PIVOT TWICE**

- 17& Step right foot to right, close left foot to right foot  
18 Step right foot to right, turning  $\frac{1}{4}$  to right  
19-20 Step left foot forward, pivot  $\frac{1}{2}$  turn to right, weight on right foot  
21&22 Step left foot forward, close right foot to left foot, step left foot forward  
23-24 Step right foot forward, pivot  $\frac{1}{4}$  turn to left, weight on left foot

## **KICK BALL CHANGE, PIVOT, STOMP, KICK, COASTER STEP**

- 25&26 Kick right foot forward, step ball of right foot to left foot, replace weight onto left foot  
27-28 Step right foot forward, pivot  $\frac{1}{2}$  turn to left, (weight on left foot)  
29-30 Stomp right foot to left foot, kick left foot forward  
31&32 Step left foot back, close right foot to left foot, step left foot forward

**REPEAT**

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