

# UP (Floor Split For Beginners)

**COPPER** **KNOB**  
BY SHEETS

**Count:** 32

**Wall:** 4

**Level:** Beginner / Improver

**Choreographer:** Karen Kennedy (SCO) - March 2015

**Music:** Up (feat. Demi Lovato) - Olly Murs : (Album: Never Been Better, Deluxe Edition)



**Music Download:-** Download from iTunes and Amazon

**Intro:-** 16 counts – Start on vocals as heavy beat kicks in

## **SIDE, TOGETHER, RIGHT SHUFFLE, ROCK FWD, RECOVER, ¼ TURN CHASSE**

- 1 -2 Step right to right side, close left beside right  
3&4 Step right forward, close left beside right, step right forward  
5 -6 Rock forward on left, recover on right  
7&8 Turn ¼ left stepping left to left side, close right beside left, step left to left side (9.00)

## **½ PIVOT TURN, ½ TURNING SHUFFLE, POINT FWD, POINT SIDE, ¼ LEFT SAILOR**

- 1 -2 Step forward on right, pivot ½ turn left (3.00)  
3&4 ½ turning shuffle – stepping right, left, right (9.00)  
5 -6 Point left toe forward, point left toe to left side  
7&8 Cross left behind right, ¼ turn left stepping right to right side, step left to left side (6.00)

## **POINT FWD, STEP SIDE, LEFT SHUFFLE, RIGHT HEEL & TAP, RIGHT & LEFT HEEL SWITCHES**

- 1 -2 Point right toe forward, step right foot to right side ( transfer weight to right foot)  
3&4 Step left forward, close right beside left, step left forward  
5&6 Touch right heel forward, step right back in place, touch left toe beside right instep  
&7&8 Step left foot back in place, touch right heel forward, step right back in place, touch left heel forward

## **STEP BACK, STEP FWD, ¼ PIVOT, RIGHT CROSS SHUFFLE, ½ HINGE TURN , LEFT SHUFFLE**

- &1 -2 Step left back in place, step right forward, ¼ pivot turn left (3.00)  
3&4 Cross right over left, close left beside right, cross right over left  
5 -6 Turn ¼ right stepping back on left (12.00) ¼ turn right stepping right to right side (9.00)  
7&8 Step left forward, close right beside left, step left forward

## **START AGAIN**

**TAG 1:-** Add at the end of wall 2 and 6 both times facing the back wall.

## **POINT FWD, POINT SIDE, RIGHT SAILOR, POINT FWD, POINT SIDE, LEFT SAILOR**

- 1 -2 Point right forward, point right to right side  
3&4 Cross right behind left, step left to left side, step right to right side  
5 -6 Point left forward, point left to left side  
7&8 Cross left behind right, step right to right side, step left to left side

**TAG 2:-** Add at the end of wall 4 facing front wall

## **RIGHT ROCKING CHAIR**

- 1 -4 Rock forward on right, recover on left, rock back on right, rec over on right

**Dance was Choreographed so my Beginners and Improvers can dance to this music by Olly Murs.**

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