

Word Up

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Nicky Tan (MY) - December 2014

Music: Word Up! - Little Mix



Intro starts after 32 counts, after lyrics "Oww!!"

INTRO (2x8) – First 16 counts of Tag

Section 1 : Step Forward, Together, Bend Knees Outward and Close, Cross & Cross, ½ R with low kick

- 1 2 Step RF forward, Step LF together
- 3&4 Bend and push both knees out to side (3), Close both knees together (&), Straighten legs (4)
- 5 6 7 Cross RF over LF, Step LF to side, Cross RF over LF
- 8 Turn 1/2R stepping on LF & at the same time give RF a low kick forward (6:00)

Section 2 : Forward Shuffle, 1/2R Back Shuffle, Toe Switches with 1/4R Turn

- 1&2 Step RF forward, Step LF together, Step RF forward
- 3&4 Turn 1/2R & Step LF back, Step RF together, Step LF back (12:00)
- 5& Touch RF to side, Step RF beside LF
- 6& Touch LF to side, Step LF beside RF
- 7&8 Touch RF to side, Touch RF beside LF, Turn 1/4R with weight on LF (3:00)

Section 3 : Step Back & Hold 2x, Forward Step, Lock, Forward Shuffle

- 1 2 Step RF back, Hold
- 3 4 Step LF back, Hold
- 5 6 Step RF forward & Lift LF behind RF, Step LF in place & Hitch RF
- 7&8 Step RF forward & Lift LF behind RF, Step LF in place & Hitch RF, Step RF forward & Lift LF behind RF

(Easier Option : □5,6 □Step RF forward, Lock LF behind RF
7&8□Step RF forward, Lock LF behind RF, Step RF forward)

Section 4 : 1/4R Stomp 2x, Side Chasse, 1/4R Sailor Step, Press Step, Recover

- 1 2 Turn 1/4R & Stomp LF to side, Stomp RF to side
- 3&4 Step LF to side, Step RF together, Step LF to side
- 5&6 Turn 1/4R & Step RF back, Step LF together, Step RF forward
- 7 8 Press LF forward, Step LF beside RF

INTRO / TAG (4x8)

At Wall 8, (3:00)

- 1234 Touch RF forward and do a slow body roll forward
- 5678 Step RF back, Hold, Step LF back, Hold

- 1234 Cross RF over LF, Step LF back, Step RF to side, Step LF together (Jazz Box)
- 5678 Step RF diagonal out to R, Step LF to side, Step RF back, Step LF together (V-step)

- 1234 Touch RF forward, Step RF in place, Turn 1/8L & Step LF to side, Step LF in place
- 5 6 Turn 1/8L & Step RF forward, Step RF in place (12:00)
- 7&8 Twist & Hitch L knee to R side of body, Move L knee back to middle, Step LF to side

- 1234 Bend knees and lower body from R to L over 4 counts
- 5 6 Do a neck roll from R to L
- 7 Jump with both feet together
- &8 Do a quick shoulder see-saw RL

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