Count: 32
Wall: 4
Level: High Beginner
Choreographer: Karen Tripp (CAN) \& Val Saari (CAN) - April 2019
Music: Theme From "Which Way Is Up" - Stargard : (Album: '70s Soul Number 1's)

Music Available from iTunes and Amazon, 3:07 mins - No Tags/Restarts
Wait 32 from main down beat, start on lyrics, 25 sec . into the track
(S1) OUT-OUT (FWD), IN-IN (BK), KNEE KNOCKS 2X, SYNC. OUT-OUT-IN-IN

| 1-4 | Step diagonally forward on RF, Step LF out to side (styling tip: lead with your hips), step RF <br> back to center, step LF together (feet about one foot apart) |
| :--- | :--- |
| $5-6$ | Turn knees in toward each other and 'knock' 2 X |
| $\& 7 \& 8$ | Step RF out to right side (\&), step LF out to left side (7), bring RF back to center (\&), bring LF <br> next to RF (8) |

(S2) R TWIST BOUNCE 2X, L TWIST BOUNCE 2X, 2 JUMPS BACK (clap)
1-2 Twist both heels to the right and bounce on heels twice
3-4 Twist both heels to the left and bounce on heels twice
\&5-6 Jump back on RF (\&), step LF together (5), clap (6)
\&7-8 Jump back on RF (\&), step LF together (7), clap (8)
(S3) SYNCOPATED BACK WEAVE 3, POINT 2X, REPEAT TO RIGHT
1\&2 Step RF behind, step side on LF, cross RF over left
3-4 Point left toe to left side and tap toe twice
5\&6 Step LF behind, step side on RF, cross LF over right
7-8 Point right toe to right side and tap toe twice
(S4) SYNCOPATED BACK WEAVE, HEEL BOUNCE TURN $1 / 4$ (9:00)
1\&2\& Cross RF behind left, step side on LF, cross RF over, step side on LF
$3 \& 4 \quad$ Cross RF behind left, step side on LF, cross RF over left
$5-6,7 \& 8 \quad$ Bounce on heels (5X) as you unwind turning left one wall, ending with weight on left
Ending: Dance ends facing 12:00 with a fade-out. You can dance up to count 16, ending with the 2 Jumps Back.

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