

# Up For Dancing

Count: 32

Wall: 4

Level: Improver

Choreographer: Lucy Cooper (UK) - December 2019

Music: Wanna Dance - Nathan Carter



---

## Walk, Walk, Toe, Flick, Toe, Flick, Walk, Heel, Ball, Kick ball Step

- 1 2 Walk right forward, walk left forward  
3&4& Touch the right toe forward, flick right to the right, touch the right toe forward, flick right to the left  
5 6& Walk right forward, touch left heel forward, ball step left next to right  
7&8 Kick right forward, ball step right next to left, step left forward

## ¼ Pivot L, Cross shuffle, ½ Turn R, Side Rock ¼ turn, Cross

- 1 2 Step right forward, pivot ¼ left (9.00)  
3&4 Cross right over left, step left to side, cross right over left  
5 6 Step back on left turning ¼ right, step forward on right turning ¼ right (3.00)  
7&8 Rock left to side turning ¼ right, recover onto right, cross left in front of right (6.00)

## Skate, Skate, Heel, Back, Back, Back Rock, Recover, Knee pop, Knee Pop

- 1 2 Facing right diagonal skate right, skate left  
3 4 Touch right heel forward to right diagonal, step right back  
5 6& Step back on the left (squaring back to front), rock right back, recover onto left  
7&8 Pop the right knee in, ball step right next to left, pop the left knee in

## Cross, Side, Sailor ¼ L, Hip bump R, Step, Hip bump L, Step

- 1 2 Cross left in front of right, step right to side  
3&4 Cross left behind turning ¼ left, step right to side, step left to side  
5&6 Touch the right toe forward and bump the hips (turn body to left diagonal), recover onto left, step forward onto the right  
7&8 Touch the left toe forward and bump the hips (turn body to right diagonal), recover onto right, step forward onto the left
-