

# Up!

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Mandie Spano (CAN) - February 2024

**Music:** Up! - Shania Twain



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**Walk backwards 3x, kick, walk backwards 3x, kick.**

1 - 4 Walk backwards, R, L, R, kick left foot forward.

5 - 8 Walk backwards, L, R, L, kick right foot forward.

**Side rock, shuffle, side rock, shuffle.**

9 - 10, 11 & 12 R foot side rock, recover L, shuffle forward, crossing over L foot.

13 - 14, 15 & 16 L foot side rock, recover R, shuffle forward, crossing over R foot.

**Vine, shuffle, pivot, shuffle.**

17 - 18, 19 & 20 R foot side, L foot behind, shuffle side, R, L, R.

20

21 - 22, 23 & 24 Pivot turn to side, shuffle forward, L, R, L.

24

**Full turn, walk, walk, hips.**

25 - 28 Full turn to left, R, L, walk, walk, R, L.

29 - 32 Hips, R back, L forward.

**Repeat.**

**Submitted by:** William Ruddy - Email: [willruddy@yahoo.com](mailto:willruddy@yahoo.com)

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