

Up (努力向上)

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Wendy Lin (TW) - March 2024

Music: Up - Amy Diamond



Sequence: 64.48.64.64.TAG(16).64.32.
-1X8

S1. Back, Back(Swivel), Coaster Step, 1/2 Pivot, 1/2 Lock

- 1-2 Step RF Back, Step LF back
- 3&4 Step RF Back, Step LF Beside RF, Step RF FWD
- 5-6 Step LF FWD, Pivot 1/2 Right
- 7&8 1/2 Turn R, LF Back, Cross RF Over LF, Step LF Back

S2. Pony Step, Rock, Recover, Out, Out

- 1&2 Step RF Back Hitching LF Knee, Step LF, Step RF Back Hitching LF Knee
- 3&4 Step LF Back Hitching RF Knee, Step RF, Step LF Back Hitching RF Knee
- 5-6 Step RF Back Rock, Recover LF
- 7-8 Step RF To Right Side, Step LF To Left Side

S3. Knee In, Step, Syncopated Vine, Rock, Recover, 1/4 L Turn

- 1-2 RF Knee In, Step
- 3&4 Cross LF Behind RF, Step RF To Side, Cross LF Over RF
- 5-6 RF Side Rock, Recover LF
- 7&8 RF Back, 1/4 Turn L Step LF To L Side, Step RF FWD

S4. FWD, (Monterey 1/4 R), Hitch, Point, 1/4 L Turn, Together

- 1-4 LF FWD, Point RF To Side, 1/4 Turn R, Step RF Beside, Point LF To Side
- 5-8 LF Hitch, Point LF To Side, 1/4 Turn L, Step LF FWD, Step RF Together

S5. Dorothy Step X2, Hip Bump(R L R L)

- 1.2& Step RF Right Diagonal, Lock LF Behind, Step RF To Right Diagonal
- 3 4& Step LF To Left Diagonal, Lock RF Behind, Step LF To Left Diagonal
- 5-8 Hip Bump(R.L.R.L)

S6. Sailor, Sailor 1/4 L Turn, Cross Rock, Recover, Side Rock, Recover

- 1&2 Step RF Behind LF, Step LF To Left, Step RF To Right
- 3&4 Step LF Behind RF, 1/4 L Step RF Next To LF, Step LF FWD
- 5-6 Cross rock RF over LF, Recover Weight Onto LF,
- 7-8 Rock RF To R Side, Recover Weight Onto LF

S7. Back, Touch, FWD, Kick, Back, Back, 1/4 R Turn, Touch

- 1-4 RF Back, LF FWD Touch, LF FWD, RF Kick
- 5-8 Back Step(R L), 1/4 Turn R, Step RF To Side, LF Beside Touch

S8. 1/2 Walk, Touch, Out, Out, Hold, In, In. Hold

- 1-4 Walk (LF RF LF) 1/2 Turn L, RF Touch
- &5-6 Step RF To Right Side, Step LF To Left Side, Hold
- &7-8 Step RF In, Step LF In, Hold

Restart, on Wall 2, Dance 48 Counts, then Restart

Tag: Wall 4, Dance the following, then Restart

S1.Side,Point Across, Side,Touch,Kick Ball Cross,1/4R,1/2R

1-4 Step RF To Side, Point LF Across RF, Step LF To Side, RF Touch

5&6 Kick RF Diagonal,Step RF Together,Cross LF Over RF

7-8 1/4 Turn R Step RF FWD, 1/2 Turn R Step LF Back

S2. Back, Touch, FWD ,Touch,Side,Touch

1-4 RF Back, LF FWD Touch, LF FWD, RF Beside Touch

5-8 Step RF To Side, LF Beside Touch, Step LF To Side, RF Beside Touch,

Wendy Lin: L750904@yahoo.com.tw

Last Update – 20 April 2024 – R2
