

Glow Up

COPPERKNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Kristin Clove (USA) - May 2024

Music: Be About It - Cut



S1-1st 8 Count

1-2 RF bounce side R, Bring RF together LF
3&4 Rock RF Back, recover inter LF, Scuff RF forward
5-6 walk RF walk LF
7&8 RF kick Ball LF slide L

S2- 2nd 8 Count

1-2 RF cross behind LF rock back, recover onto LF
3-4 step RF side R, 1/2 turn over L shoulder step LF
5-6 Cross tap RF over LF (lean back), tap RF side R
7&8 sailor 1/2 turn over R shoulder RF behind LF step side LF step side RF

Restart wall 4 (step onto LF on & bouncing out RF on 1)

S3- 3rd 8 Count

1-2 step LF forward step RF forward
3-4 step back LF step back RF
5&6 LF pony step back 2xs
7&8 RF coaster back, together LF, step forward RF

S4-4th 8 Count

1-2 step forward LF step forward RF
3 LF paddle once 1/4 turn over R
4 LF (keep moving) step onto LF 1/4 turn to back wall
5&6 sailor RF cross back behind LF, step Rf side R, LF side L
7&8 3 /4 turn sailor LF cross back behind RF step RF side R, LF step forward
