

Up

Count: 64

Wall: 2

Level: Phrased High Improver

Choreographer: Melissa Miller (UK) & Mads Rasmussen (DK) - February 2025

Music: Up - Jonah Blacksmith



Intro: 16 counts from beginning of track. App. 7 secs. into track. Start with weight on L foot

Sequence: AA-Tag-BBB(16), AA-Tag-BBB(16), AA-BBB(16)

A part: 32c

[1 – 8] R vine with touch, L slide, R back rock

- 1 - 4 RF to right side, LF behind right, RF to right side, LF touch next to RF
- 5 - 6 Step LF a big step to left side, drag RF next to left
- 7 - 8 RF back rock, recover on to LF

[9 – 15] 2x kick ball cross, R vine ¼

- 1 & 2 Kick RF to right diagonal, step R beside L, cross Lover R
- 3 & 4 Kick RF to right diagonal, step R beside L, cross Lover R
- 5 - 7 Start a figure 8 by stepping RF to right side, LF behind R, turn a ¼ R stepping R forward,

[16 – 24] L step turn, ¼ L vine, R cross rock, R side rock

- 8 - 1 Step LF forward making a step turn over R
- 2 - 4 Turn a ¼ R by stepping LF to L side, RF behind L, LF to L side
- 5 - 6 Cross RF in front of LF, recover on to LF
- 7 - 8 Rock RF to right side, recover on to LF

[25 – 32] R back L sweep, L Back R sweep, R back rock, R step turn

- 1 - 2 Step back on RF while sweeping LF at the same time
- 3 - 4 Step back on LF while sweeping RF at the same time
- 5 - 6 Rock RF back, recover on to LF
- 7 - 8 Step RF forward making a step turn over L

B part: 32c

[1 – 8] RF Dorothy forward, L Dorothy forward, RF step turn, RF forward hitching left F

- 1 - 2& Step R to R diagonal, Lock L behind R, Step slightly forward on R
- 3 - 4& Step L to L diagonal, Lock R behind L, Step slightly forward on L
- 5 - 6 Step RF forward making a step turn over L
- 7 - 8 Step RF forward hitching L knee (styling: put both arms up and point both fingers towards the sky)

[9 – 16] LF rocking chair, ½ shuffle, R back rock

- 1 - 2 Rock LF forward, recover on to RF
- 3 - 4 Rock RF back, recover on to LF
- 5 & 6 Turn ¼ right step left to left, step right beside left, turn ¼ right step left back
- 7 - 8 Rock RF back, recover on to LF

[17 – 24] 2x ¼ R monterey

- 8 - 1 Point RF to R, ¼ turn R closing RF next to L
- 2 - 4 Point LF to L, close LF next to R
- 5 - 6 Point RF to R, ¼ turn R closing RF next to L
- 7 - 8 Point LF to L, close LF next to R

[25 – 32] R side rock behind, L side rock, behind side cross

- 1 - 4 Rock RF to R, recover on to L, step RF behind L, rock LF to L
3 - 4 Recover on to R, step LF behind R, step RF to R, cross LF over R

Tag: Comes twice, after second A and after fourth A.

[1 - 9] R basic, L basic, V-step, hold (change weight to L)

- 1 - 2& Step R to R side, step L behind R, Recover onto R
3 - 4& Step L to L side, step R behind L, Recover onto L
5 - 6 Step RF towards R diagonal (R arm goes out to the R diagonal), Step LF towards L diagonal
(L arm goes out to the L diagonal)
7 - 8 Step RF back (R arm goes ind to chest), touch LF next to RF (L armgoes in to chest)
9 Hold while changing weight to L

Ending: Finish the last B(16) and you will end up by 12:00 after the backrock

Last Update: 31 Mar 2025
