

# O.G. Up!

Count: 60

Wall: 4

Level: Improver

Choreographer: Nuria Montravel (ES) & Mireia Alonso

Music: Up! (Red) - Shania Twain



## CROSS STEP & POINTS (FORWARD)

- 1 Step right cross over left
- 2 Point left to left side
- 3 Step left cross over right
- 4 Point right to right side

## CROSS STEP & POINTS (BACKWARD)

- 5 Step right cross behind left
- 6 Point left to left side
- 7 Step left cross behind right
- 8 Point right to right side

## STEP DEVELOPÉ, STEP POINT

- 9 Step right cross over left
- 10 Développé leg left to left side
- 11 Step left cross over right
- 12 Point right to right side

## ROCKING CHAIR

- 13 Rock forward on right
- 14 Recover weight onto left
- 15 Rock back on right
- 16 Recover weight onto left

## STEP TOUCH BACK TO RIGHT DIAGONALLY

- 17 Step right back to diagonally
- 18 Touch left beside right
- 19 Step right back to diagonally
- 20 Touch left beside right

## STEP TOUCH BACK TO LEFT DIAGONALLY

- 21 Step left back to diagonally
- 22 Touch right beside left
- 23 Step left back to diagonally
- 24 Touch right beside left

## TWO KICKS BALL CHANGES

- 25 Kick forward to right foot
- &26 Right foot step beside left foot, left foot step in place
- 27 Kick forward to right foot
- &28 Right foot step beside left foot, left foot step in place

## TOUCH RIGHT TOE FORWARD & PUSHING & HEADS MOVEMENTS

- 29 Touch right toe forward
- 30 Push right knee towards left knee, turning body  $\frac{1}{4}$  to left & head down  $\frac{1}{2}$  to left
- 31 Push right knee towards right & turning head  $\frac{1}{2}$  to right

32 Head to up!

**RIGHT VINE, SCUFF**

33 Step right to right  
34 Step left behind right  
35 Step right to right  
36 Scuff to left foot

**TURNING VINE TO LEFT, TOUCH**

37 Step left to left side  
38 Step right turning  $\frac{1}{2}$  to left  
39 Step left turning  $\frac{1}{2}$  to left  
40 Touch right beside left foot

**STEP OUT, OUT, IN, IN**

41 Step right to right forward diagonally  
42 Step left to left forward diagonally  
43 Step right to left backward diagonally  
44 Step left together

**STEP,  $\frac{1}{2}$  TURN LEFT, STEP,  $\frac{1}{2}$  TURN LEFT**

45 Step right forward  
46  $\frac{1}{2}$  turn to left  
47 Step right forward  
48  $\frac{1}{2}$  turn to left

**RIGHT SIDE ROCK STEP INTO SLOW SAILOR STEP, RECOVER,  $\frac{3}{4}$  TURN**

49 Rock step to right side  
50 Recover weight onto left  
51 Step right behind left foot  
52 Step left to left side  
53 Step right to right side  
54 Recover weight onto left  
55 Step right forward turning  $\frac{1}{4}$  to left  
56  $\frac{1}{2}$  turn to left

**TOE STRUTS**

57 Step right toe forward turning  $\frac{1}{4}$  to left  
58 Drop right heel taking weight  
59 Step left toe forward  
60 Drop left heel taking weight

**REPEAT**

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