

Up

Count: 32

Wall: 4

Level: Improver

Choreographer: Dan Pye (USA) & Jan Pye (USA)

Music: Up! - Shania Twain



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|-------------|--|
| 1-2-3-4 | Right heel forward, to place, left heel forward, to place |
| 5&6-7&8 | Two shuffles forward right-left-right, left-right-left |
| 9-10-11-12 | Two ¼ turns left using hip rolls: step forward right, turn ¼ left, step right forward, turn ¼ left |
| 13&14& | Quick heels: right heel forward, to place, left heel forward, to place |
| 15-16 | Walk forward right, left |
| 17&18 | Shuffle to right side right-left-right |
| 19-20 | Cross rock left behind right, recover on right |
| 21&22 | Shuffle to left left-right-left |
| 23-24 | Touch right toe back, ¼ turn right transferring weight to right |
| 25-26-27-28 | Vine left |
| 29-30-31-32 | Vine twirl right, ending with weight on left foot |

REPEAT
