

# 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**

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