

# Cheer Up!

Count: 64

Wall: 4

Level:

Choreographer: Cinta Larrotcha (ES) - 2003

Music: Take These Chains from My Heart - Lee Roy Parnell



## HEEL CROSS, HOLD, HEEL, HITCH

- 1-2 Touch right heel over left, hold
- &3 Step right beside left, touch left heel forward
- &4 Step left beside right, hitch right

## HEEL CROSS, HOLD, HEEL, HITCH

- 5-6 Touch right heel over left, hold
- &7 Step right beside left, touch left heel forward
- &8 Step left beside right, hitch right

## HEEL, TOE, HEEL, TOE

- 9 Touch right heel over left
- 10 Touch right toe to right instep
- 11 Touch right heel over left
- 12 Touch right toe to right instep

## TURN ¼ HEEL, HOOK, HEELS

- 13 Touch right heel forward ¼ turning to right
- 14 Right hook over left
- 15 Touch right heel forward
- 16 Touch right heel forward

## HEEL, BACK TOE, HEEL ½ TURN

- &17 Step right beside left, touch left heel forward
- 18 Touch left toe back
- 19 Touch left heel forward ½ turning to left
- 20 Step left beside right

## ROCK FORWARD, RECOVER, ROCK BACK, RECOVER

- 21-22 Rock forward with the right foot, recover weight back
- 23-24 Rock back with the right foot, recover weight forward

## SCUFF, HITCH, STOMP, STOMP

- 25 Scuff right forward
- 26 Hitch right
- 27 Stomp right beside left
- 28 Stomp right beside left

## BACK STEP & HEEL, HOLD, TOE, HEEL

- &29 Step back right, touch left heel forward
- 30 Hold
- &31 Step left beside right, touch right toe beside left
- &32 Step right back, touch left heel forward

## HITCH, STOMP, STOMP FORWARD, HOLD

- &33 Step left beside right, hitch right

34-36 Stomp right beside left, stomp right forward, hold

**TURN ¼ HIPS**

37-40 Hip right to right side ¼ turning to left, hip left, hip right, hip left

**CROSS, VINE, ROCK, RECOVER**

41-42 Step right over left, step left to left side

43-44 Step right behind left, step left to left side

45-46 Rock right over left, recover

**SHUFFLE TURNING ¼, FULL TURN RIGHT, SHUFFLE**

47&48 Step right forward ¼ turning to right, step left beside right, step right forward

49-50 Full turn right traveling forward stepping left, right

51&52 Step left forward, step right beside left, step left forward

**ROCK, RECOVER, TOUCH, BEHIND, TOUCH BEHIND**

53 Rock right forward

54 Recover

55 Touch right toe to right side

56 Step right behind left

57 Touch left toe to left side

58 Step left behind right

**TOUCH, CROSS, TURN ½, HOLD, SIDE STEP, SLIDE**

59 Touch right toe to right side

60 Step right over left

61 ½ turn to left

62 Hold

63 Long step left to left side

64 Slide right beside left

**REPEAT**

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