

# Up Again

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Arien Mussama (INA) - May 2023

Musique: Up Again - Dan Bremnes



**NO TAG, 1 RESTART Wall 3 after 16 count**

Intro : 16 count

## **S1# FORWARD RL – FORWARD MAMBO – BACKWARD LR – BACK MAMBO**

- 1-2 step R forward, step L forward
- 3&4 step R forward, step L in place, close R together
- 5-6 step L backward, step R backward
- 7&8 step L backward, step R in place, close L together

## **S2# KICK BALL TOUCH RL – CROSS SHUFFLE – CROSS SHUFFLE ½ TO LEFT**

- 1&2 Kick R forward, R together and ball, touch L to side
- 3&4 kick L forward, L together and ball, touch R to side
- 5&6 cross R over L, step L together, cross R over L
- 7&8 ½ turn left cross L over R (06.00), step R together, cross L over R

**Restart on here wall 3 after 16 c**

## **S3# JAZZ BOX ¼ TO RIGHT – SIDE – HIP BUMP RL – RECOVER – FLICK L – SIDE – HIP BUMP LR – RECOVER – FLICK R**

- 1-2 cross R over L, ¼ turn right step L back (09.00)
- 3-4 Step R to side, step L forward
- 5&6 step R to side with bump hip to right, bump hip to left, recover on R with kick L backward flexed knee
- 7&8 step L to side with bump hip to left, bump hip to right, recover on L with kick R backward flexed knee

## **S4# (BACKWARD DIAGONAL-CLOSE TOUCH)RL – SIDE MAMBO RL**

- 1-2 step R diagonal right backward , touch L beside R
- 3-4 step L diagonal left backward, touch R beside L
- 5&6 Step R to right, step L in place, close R together
- 7&8 Step L to right, step R in place, close L together

**REPEAT**

**ENJOY THE DANCE**

Email : [arienmussama@gmail.com](mailto:arienmussama@gmail.com)