

# Up Up Up!

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Wesley Cowie (UK)

Musique: Up! (Red) - Shania Twain



Start on the word 'be' (13 seconds intro)

## POINT BACK, SIDE, CROSSING CHASSE, POINT SIDE, FORWARD, BACK SHUFFLE

- 1-2 Point right foot back, point right toe to right side
- 3&4 Cross right over left, step left to left side, cross right over left
- 5-6 Point left toe to left side, point left toe forward
- 7&8 Step back on left, close right beside left, step back on left

## RIGHT CHASSE, FULL TURN FORWARD, LEFT ROCK, CROSSING SHUFFLE

- 1&2 Step right to right side, close left beside right, step right to right
- 3 On ball of right foot make ½ turn right, step back on left
- 4 On ball of left foot make ½ turn right, step forward on right foot
- 5-6 Rock left foot to left side, recover weight onto right foot
- 7&8 Cross left over right, step right to right side, cross left over right

## STEP ¼ TURN, SWEEP ½ TURN, FORWARD SHUFFLE, STEP, PIVOT, ROCK, CROSS

- 1 Step right ¼ turn right
- 2 Sweep left foot from behind right to in front of right making a further ½ turn right
- 3&4 Step forward left, close right beside left, step forward left
- 5-6 Step forward right, pivot ½ turn left
- 7&8 Rock right to right side, recover onto left, cross right over left

## SCUFF, STEP, SCUFF, CROSS, HIP BUMPS ½ TURN

- 1-2 Scuff left foot forward, step forward left
- 3-4 Scuff right foot forward, cross right over left foot
- 5& Bump hips to right making 1/8 turn left, bump hips left
- 6& Bump hips to right making 1/8 turn left, bump hips left
- 7& Bump hips to right making 1/8 turn left, bump hips left
- 8& Bump hips to right making 1/8 turn left, bump hips left

## POINT, KICK, COASTER STEP, ¼ CHUGS RIGHT X 4

- 1-2 Point right toe forward, kick right foot forward
- 3&4 Step back onto right, close left beside right, step forward on right
- 5& Hitch left knee making ¼ turn right, touch left toe to left side
- 6& Hitch left knee making ¼ turn right, touch left toe to left side
- 7& Hitch left knee making ¼ turn right, touch left toe to left side
- 8& Hitch left knee making ¼ turn right, touch left toe to left side

## POINT, KICK, COASTER STEP, ¼ CHUGS LEFT TWICE, CROSSING CHASSE

- 1-2 Tap left toe beside right foot, kick left foot forward
- 3&4 Step back onto left, close right beside left, step forward on left
- 5& Hitch right knee making ¼ turn left, touch right toe to right side
- 6& Hitch right knee making ¼ turn left, touch right toe to right side
- 7&8 Cross right over left, step left to left side, cross right over left

## LEFT ROCK, CLOSE, RIGHT ROCK, WALK, STEP ¼ TURN, ROCK BACK

- 1-2 Rock left to left side, recover weight onto right

& Close left beside right  
3-4 Rock right to right side, recover weight onto left  
5-6 Walk forward right, make ¼ turn right stepping left to left side  
7-8 Rock back on right, recover weight onto left foot

**RIGHT CHASSE, KICK BALL POINT, CLOSE, MONTEREY ¼ TURN**

1&2 Step right to right side, close left beside right, step right to right side  
3&4 Kick left foot forward, step left beside right, point right to right side  
& Close right beside left  
5-6 Point right to right side, on ball of left make ¼ turn right, stepping right beside left  
7-8 Touch left to left side, step left beside right

**REPEAT**

**TAG**

**On walls 1 and 2 only, complete this tag after section 8 count 2 then restart**

1&2 Kick left foot forward, step left beside right, tap right toe beside left foot

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