

Up

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - November 2014
音乐: Up (feat. Demi Lovato) - Olly Murs



Start after 16 count intro – approx. 9 secs into song – [3mins 40secs – 115 bpm]

[1-8] □ R fwd, L & R sailor steps travelling forward, L fwd rock/recover, ½ L & L fwd

1 Step R forward on slight right diagonal
2&3 Cross step L behind R, step R side, step L forward on slight left diagonal
4&5 Cross step R behind L, step L side, step R forward on slight right diagonal
6-8 Rock L forward, recover weight on R, turning ½ left step L forward (6 o'clock)

[9-16] □ ½ L & R back, L back, R coaster step, L fwd, R heel-together-touch, L heel-together

1-2 Turning ½ left step R back, step L back (12 o'clock)
3&4 Step R back, step L together, step R forward
5 Step L forward
6&7 Touch R heel forward, step R together, touch L together
8& Touch L heel forward, step L together

[17-24] R touch, R kick, R together, L & R toe switches, R sailor step, L behind-side-cross

1-2 Touch R together, kick R forward
&3&4 Step R together, touch L to left side, step L together, touch R to right R side
5&6 Cross step R behind L, step L side, step R side
7&8 Cross step L behind R, step R side, cross step L over R

[25-32] □ R side, hold, L ball step 2x, L cross rock/recover, ¼ L shuffle

1-2 Step R side, hold
&3&4 Step L together, step R side, step L together, step R side
5-6 Cross rock L over R, recover weight on R
7&8 Turning ¼ left step L forward, step R together, step L forward (9 o'clock)

[33-40] □ L full turn fwd, R fwd shuffle, L fwd rock/recover, R back, R fwd, ¼ L pivot turn

1-2 Turning ½ left step R back, turning ½ left step L forward (or walk forward 2) (9 o'clock)
3&4 Step R forward, step L together, step R forward
5-6& Rock L forward, recover weight on R, step L next to R
7-8 Step R forward, pivot ¼ left (6 o'clock)

[41-48] □ R jazz box ball cross side, ¼ L toaster step, L full turn fwd

1-2 Cross R over L, step L back
&3-4 Step R side, cross L over R, step R side
5&6 Turning ¼ left step L back, step R together, step L forward
7-8 Turning ½ left step R back, turning ½ left step L forward (or walk forward 2) (3 o'clock)

[49-56] □ R fwd, ¼ L pivot turn, R cross shuffle, ½ R hinge turn, L cross shuffle

1-2 Step R forward, pivot ¼ left (12 o'clock)
3&4 Cross step R over L, step L side, cross step R over L
5-6 Turning ¼ right step L back, turning ¼ right step R side (6 o'clock)
7&8 Cross step L over R, step R side, cross step L over R

[57-64] □ R side rock/recover, R together, L side rock/recover, L fwd & side touches, L coaster step

1-2& Rock R side, recover weight on L, step R together

3-4 Rock L side, recover weight on R
5-6 Touch L toes forward, touch L toes side
7&8 Step L back, step R together, step L forward

TAG: End of Walls 1 & 3 (facing back wall): 8 counts: repeat counts 57-64 and restart the dance

TAG: End of Wall 2: 4 counts: R rocking chair, as you rock forward you can push both arms up and look "UP" (As they sing the word "UP")

BIG ENDING: At end of wall 6: step R forward and bring arms up and look up. Ta Da!

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