

# UP (Floor Split For Beginners)

**COPPER** **KNOB**  
BY STEPHEN

拍数: 32      墙数: 4      级数: Beginner / Improver  
编舞者: Karen Kennedy (SCO) - March 2015  
音乐: Up (feat. Demi Lovato) - Olly Murs : (Album: Never Been Better, Deluxe Edition)



**Music Download:- Download from iTunes and Amazon**

**Intro:- 16 counts – Start on vocals as heavy beat kicks in**

## **SIDE, TOGETHER, RIGHT SHUFFLE, ROCK FWD, RECOVER, ¼ TURN CHASSE**

1 -2            Step right to right side, close left beside right  
3&4            Step right forward, close left beside right, step right forward  
5 -6            Rock forward on left, recover on right  
7&8            Turn ¼ left stepping left to left side, close right beside left, step left to left side (9.00)

## **½ PIVOT TURN, ½ TURNING SHUFFLE, POINT FWD, POINT SIDE, ¼ LEFT SAILOR**

1 -2            Step forward on right, pivot ½ turn left (3.00)  
3&4            ½ turning shuffle – stepping right, left, right (9.00)  
5 -6            Point left toe forward, point left toe to left side  
7&8            Cross left behind right, ¼ turn left stepping right to right side, step left to left side (6.00)

## **POINT FWD, STEP SIDE, LEFT SHUFFLE, RIGHT HEEL & TAP, RIGHT & LEFT HEEL SWITCHES**

1 -2            Point right toe forward, step right foot to right side ( transfer weight to right foot)  
3&4            Step left forward, close right beside left, step left forward  
5&6            Touch right heel forward, step right back in place, touch left toe beside right instep  
&7&8           Step left foot back in place, touch right heel forward, step right back in place, touch left heel forward

## **STEP BACK, STEP FWD, ¼ PIVOT, RIGHT CROSS SHUFFLE, ½ HINGE TURN , LEFT SHUFFLE**

&1 -2           Step left back in place, step right forward, ¼ pivot turn left (3.00)  
3&4            Cross right over left, close left beside right, cross right over left  
5 -6            Turn ¼ right stepping back on left (12.00) ¼ turn right stepping right to right side (9.00)  
7&8            Step left forward, close right beside left, step left forward

## **START AGAIN**

**TAG 1:- Add at the end of wall 2 and 6 both times facing the back wall.**

## **POINT FWD, POINT SIDE, RIGHT SAILOR, POINT FWD, POINT SIDE, LEFT SAILOR**

1 -2            Point right forward, point right to right side  
3&4            Cross right behind left, step left to left side, step right to right side  
5 -6            Point left forward, point left to left side  
7&8            Cross left behind right, step right to right side, step left to left side

**TAG 2:- Add at the end of wall 4 facing front wall**

## **RIGHT ROCKING CHAIR**

1 -4            Rock forward on right, recover on left, rock back on right, rec over on right

**Dance was Choreographed so my Beginners and Improvers can dance to this music by Olly Murs.**

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