

# Up

拍数: 32                      墙数: 4                      级数: Improver  
编舞者: Gail Craddock (USA) - July 2019  
音乐: Up - Thomas Rhett



## #16 count intro, when full band plays

### SKATE, TOUCH, SKATE, TOUCH, SKATE, SKATE, SKATE, TOUCH

- 1-2                      Turning your body to face right corner, slide R a few inches towards right corner(skate) , touch L toe next to R (1:30)  
3-4                      Turning your body to face left corner, slide L a few inches towards left corner(skate), touch R toe next to L (10:30)  
5-6                      Skate R, skate L  
7-8                      Skate R, touch L toe next to R (1:30)

### ANGLED TRIPLE BACK, 1/8 TURN/STEP, TOGETHER, SIDE TRIPLE, CROSS, SIDE

- 1&2                      Keeping body faced to right corner step back on L, step R next to L, step back on L  
3-4                      Turning 1/8 to right step R to side, slide and step L next to R (3:00)  
5&6                      Step R to side, step L next to R, step R to side  
7-8                      Cross L over right and step, step R to side

### LEFT SAILOR, RIGHT SAILOR, ROCK, RECOVER, LEFT COASTER STEP

- 1&2                      Cross L behind R and step, step R to Side, step L slightly forward  
3&4                      Cross R behind L and step, Step L to side, step R slightly forward  
5-6                      Rock forward on L, recover weight on R  
7&8                      Step back on L, step R next to L, step forward on L

### TRIPLE, BACK, SLIDE AND TOUCH, SWAY R-L-R-L

- 1&2                      Step forward on R, step L next to R, step forward on R  
3-4                      Step back on L, slide R and touch next to L  
5-6                      Step R slightly to right and sway hip to right, change weight to L and sway hip to left  
7-8                      Change weight to R and sway hip to right, change weight to L and sway hip to left

## END OF DANCE

### #16 COUNT TAG: Done at end of wall 2(facing back) and at end of wall 4(facing front)

#### SIDE, TOUCH, SIDE, TOUCH, TRIPLE, ROCK RECOVER(Lindy)

- 1-2                      Step R to side, touch L toe next to R  
3-4                      Step L to side, touch R toe next to L  
5&6                      Step R to side, step L next to R, step R to side  
7-8                      Rock back on L, recover weight on right

#### TRIPLE, ROCK, RECOVER(Lindy), SIDE, TOUCH, SIDE, TOUCH

- 1&2                      Step L to side, step R next to L, step L to side  
3-4                      Rock back on R, recover weight on L  
5-6                      Step R to side, touch L next to R  
7-8                      Step L to side, touch R next to L

Contact: [longtimedancer@aol.com](mailto:longtimedancer@aol.com)