

# Up 2020

拍数: 32                      墙数: 4                      级数: Intermediate  
编舞者: Unknown - April 2020  
音乐: Up! - Shania Twain



Revised by Bertha Arseneau (CAN) & Pattie LeBlanc (CAN) - April 2020. Choreographer is Unknown

Intro: 28 counts from beginning

**(Sec. 1) Kick Ball Cross, Coaster Cross, Side Behind, Coaster Step (1-8)**

1&2                      Kick RF fwd (1), step RF next to LF (&), cross RF over LF (3)  
3&4                      Step RF back (1), step LF next to RF (&), cross RF over LF (4)  
5,6                      Step LF to L (5), step RF slightly behind LF (6)  
7&8                      Step LF back (7), step RF next to LF (&), step LF fwd (8)

**(Sec. 2) Toe, Heel, Shuffle Fwd, Step Pivot 1/2 Turn R, Shuffle Fwd (9-16)**

1,2                      Touch R Toe next to LF (1), touch R heel fwd (2)  
3&4                      Step RF fwd (3), step LF next to RF (&), step RF fwd (4)  
5,6                      Step LF fwd (5), pivot 1/2 turn R and step fwd on RF (6)  
7&8                      Step LF fwd (7), step RF next to LF (&) step LF fwd (8)

**(Sec. 3) Step RF right, Step LF left, Ball, Step, Point or Heel, R Sailor, L Sailor 1/4 turn left (17-24)**

1,2                      Step RF right (1), step LF left (2)  
&3,4                      Rock back on ball of RF (&), recover on LF (3), point or heel RF to right side (4)  
5&6                      Step RF behind LF (5), step LF left (&), step RF right (6)  
7&8                      To 1/4 turn left, Step LF behind RF (7), step RF right (&), step LF left (8)

**(Sec.4) Rock, Recover, Shuffle 1/2 to R, Rock. Recover, Shuffle 1/2 to Left (25-32)**

1,2                      Rock fwd RF (1), recover on LF (2)  
**\*Snags and restart here at the ends of walls 2 & 4\***  
3&4                      Make a 1/2 turn R, stepping RF fwd (3), step LF next to RF (&), step RF fwd (4)  
5,6                      Rock fwd LF (5), recover on RF (6)  
7&8                      Make a 1/2 turn L, stepping LF fwd (7), step RF next to LF (&), step LF fwd (8)

Start over

There are 2 Snags and Restarts:

Wall 2 & 4, you'll be starting the dance facing 3:00.

On section 4 of the dance, you'll be facing 6:00.

Do Counts: 1-2 Rock RF fwd (1), recover on LF (2)

Add Snag: 3-4 Make a 1/2 turn right, stepping RF fwd (3), stepping LF fwd (4)

Restart the dance from beginning facing 12:00

\*Snags were "added" for musicality.