

# Word Up

拍数: 32      墙数: 4      级数: Low Intermediate  
编舞者: Alessandro Boer (IT) - November 2021  
音乐: Word Up - The BossHoss



## Start dancing on lyrics

### SIDE SHUFFLE, CROSSED ROCK STEP, SIDE SHUFFLE, HOLD, STEP X2 AND TURN, CLAP X2

1&2      Right step to right, close left next to right, right step to right  
3&      Cross left behind right, recover weight on right  
4&5      Left step to left, close right next to left, left step to left  
6      Hold  
&7      Turn 1/4 to left and right step slightly forward, left step slightly forward next to right (9:00)  
&8      Clap hands twice

### HEEL, TOUCH, HEEL, CROSS, HEEL, CROSSED SHUFFLE, 1/4 TURN STEP

&1      Right step back diagonally to right, touch left heel  
&2      Bring weight on left foot, right step next to left  
&3      Right step back diagonally to right, touch left heel  
&4      Bring weight on left foot, cross right on left  
&5      Left step back diagonally to left, touch right heel  
&      Right step next to left  
6&7      Cross left on right foot, right step next to left, Left step to right  
8      Turn 1/4 to right and step right forward (12:00)

### SIDE TOUCH, PADDLE TURN X3, SIDE SWITCH, 1/4 TURN RIGHT, 1/2 TURN LEFT, 1/2 TURN LEFT STEPPING LEFT BACK

1&      Touch left foot to left side, touch left next to right  
2&      Turn 1/4 to right touching left foot to left side, touch left next to right (3:00)  
3&      Turn 1/4 to right touching left foot to left side, touch left next to right (6:00)  
4      Turn 1/4 to right touching left foot to left side (9:00)  
&5      Left step next to right, touch right foot to right side  
6-7      Turn 1/4 to right, turn 1/2 to left (6:00)  
8      Step right back while turning 1/2 to left (12:00)

### 1/2 TURN SHUFFLE FORWARD, 1/4 TURN SIDE SHUFFLE, SAILOR STEP; APPLEJACKS X2

1&2      Turn 1/2 to left stepping left forward, right step next to left, left step forward (6:00)  
3&4      Turn 1/4 to left stepping right to right side, close left next to right, right step to right side (3:00)  
5&6      Cross left foot behind right, step right to right side, step left to left side  
&7      (With weight on right toe & left heel) swivel right heel & left toe to left, recover to center  
&8      (With weight on right heel & left toe) swivel right toe & left heel to right, recover to center

## REPEAT