

# Up

拍数: 32      墙数: 4      级数: High Beginner  
编舞者: Om Pardi (INA) - December 2021  
音乐: Up - INNA



## No Tag - No Restart

### S1: ROCKING CHAIR, FORWARD LOCK SHUFFLE, SIDE MAMBO (LEFT, RIGHT)

1&2&      Rock R forward, Recover on L, Rock R back, Revoer on L  
3&4      Step R forward, Lock L behind R, Step R forward  
5&6      Rock L to side, Recover on R, Step L next to R  
7&8      Rock R to side, Revoer on L, Touch R next to L

### S2: BACK LOCK SHUFFLE, SIDE, TOUCH, BACK, TOUCH

1&2      Step R back, Cross L over R, Step R back  
3&4      Step L back, Cross R over L, Step L back  
5-8      Step R to side, Touch L forward diagonally L, Step L back, Touch R forward diagonally R

### S3: BACK ROCK, RECOVER, FORWARD LOCK SHUFFLE, PIVOT ¼ RIGHT, CROSS SHUFFLE

1-2      Rock R back, Recover on L  
3&4      Step R forward, Lock L behind R, Step R forward  
5-6      Step L forward, Make ¼ R turn on R  
7&8      Cross L over R, Step R to side, Cross L over R

### S4: TURN ¼ LEFT, TURN ¼ LEFT, CROSS SHUFFLE, TURN ½ LEFT, ¼ LEFT CROSS SHUFFLE

1-2      Make ¼ L turn step R back, Make ¼ L turn step L to side  
3&4      Cross R over L, Step L to side, Cross R over L  
5&6&      Make ½ L turn step L forward, Lock R behind L, Make ¼ L turn step L forward, Lock R behind L  
7&8      Make ¼ L turn cross L over R, Step R to side, Cross L over R

## Begin again

For more informationn contact [gieprod@yahoo.com](mailto:gieprod@yahoo.com)