

# UP pup pup ..

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Val Saari (CAN) & Miske Findriani Paduli (INA) - July 2022  
音乐: Up - INNA



Intro 16 counts

Begin on the word "Once"

## S1: TOE STRUTS WITH HIP BUMPS (RL), BOUNCE UNWIND 1/2 L

1&2      Touch RF toes forward & bump hips RLR, (step heel down on count 2)  
3&4      Touch LF toes forward while bumping hips LRL, (step LF heel down on count 4)  
5-8      Step RF over L, Unwind incrementally 1/2 left (heel bounces on 6,7,8)

## S2: SHUFFLE FWD (2X), CHUG 1/8 TURN L (2X), STOMP RL

1&2      Shuffle fwd RLR  
3&4      Shuffle fwd LRL  
5-6      Turn 1/8 L & Chug RF to side, Turn 1/8 L & Chug RF to side  
7-8      Stomp RF to centre, Stomp LF together (3:00)

## S3: RF SHUFFLE FWD, PIVOT 1/2 R, LF SHUFFLE FWD, SWAY RL

1&2      Shuffle fwd RLR  
3-4      Step LF forward, Pivot 1/2 R  
5&6      Shuffle fwd LRL  
7-8      Step RF Right and Sway R, Sway left (09:00)

## S4: JAZZ BOX CROSS, V-STEP

1-2      Cross RF over Left, Step Left back  
3-4      Step RF to side, Cross LF over R  
5-6      Step RF diagonally forward right, Step LF left  
7-8      Step RF back to centre, Step LF together

No Tags, No Restarts

Email: [valeriesaari@icloud.com](mailto:valeriesaari@icloud.com) - [bluefreeya@gmail.com](mailto:bluefreeya@gmail.com)