

# Up Again

**COPPER** **NOB**  
BY STEPHEN T. S.

拍数: 32      墙数: 4      级数: Beginner  
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音乐: Up Again - Dan Bremnes



**NO TAG, 1 RESTART Wall 3 after 16 count**

**Intro : 16 count**

## **S1# FORWARD RL – FORWARD MAMBO – BACKWARD LR – BACK MAMBO**

1-2            step R forward, step L forward  
3&4            step R forward, step L in place, close R together  
5-6            step L backward, step R backward  
7&8            step L backward, step R in place, close L together

## **S2# KICK BALL TOUCH RL – CROSS SHUFFLE – CROSS SHUFFLE ½ TO LEFT**

1&2            Kick R forward, R together and ball, touch L to side  
3&4            kick L forward, L together and ball, touch R to side  
5&6            cross R over L, step L together, cross R over L  
7&8            ½ turn left cross L over R (06.00), step R together, cross L over R

**Restart on here wall 3 after 16 c**

## **S3# JAZZ BOX ¼ TO RIGHT – SIDE – HIP BUMP RL – RECOVER – FLICK L – SIDE – HIP BUMP LR – RECOVER – FLICK R**

1-2            cross R over L, ¼ turn right step L back (09.00)  
3-4            Step R to side, step L forward  
5&6            step R to side with bump hip to right, bump hip to left, recover on R with kick L backward flexed knee  
7&8            step L to side with bump hip to left, bump hip to right, recover on L with kick R backward flexed knee

## **S4# (BACKWARD DIAGONAL-CLOSE TOUCH)RL – SIDE MAMBO RL**

1-2            step R diagonal right backward , touch L beside R  
3-4            step L diagonal left backward, touch R beside L  
5&6            Step R to right, step L in place, close R together  
7&8            Step L to right, step R in place, close L together

**REPEAT**

**ENJOY THE DANCE**

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