

# Falling Up

拍数: 32      墙数: 4      级数: Improver  
编舞者: Helena Jeppsson (SWE) - July 2023  
音乐: Falling Up - Adekunle Gold, Pharrell Williams & Nile Rodgers



---

## Walk fwd x2, mambo step, walk back x2, mambo step

1, 2      Walk fwd on RF, LF  
3&4      Rock fwd on RF, recover onto LF, step back on RF  
4, 5      Walk backwards on LF, RF  
6&7      Rock back on LF, recover onto RF, step fwd on LF

## Side mambo cross x2, jazzbox w/ 1/4 turn R

1&2      Rock RF to right side, recover onto LF, step fwd on RF  
3&4      Rock LF to left side, recover onto RF, step fwd on LF  
5, 6      Cross RF over LF, turn a 1/4 turn R stepping back on LF  
7, 8      Step RF to right side, cross LF over RF

## Out, out, side triple R, out, out, side triple L

1, 2      Step RF to right side, step LF to left side  
3&4      Step RF to right side, step LF beside RF, step RF to right side  
5, 6      Step LF to left side, step RF to right side  
7&8      Step LF to left side, step RF beside LF, step LF to left side

## Jazzbox, V-step

1, 2      Cross RF over LF, step back on LF  
3, 4      Step RF to right side, step fwd on LF  
5, 6      Step RF slightly fwd out to right side, step LF to left side  
7, 8      Step RF back to center, step LF beside RF

**Restart on wall 10 after doing the first 8 counts + last 4 counts**

---