

# Up

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Hyun Jeong Cha (KOR) - February 2025  
音乐: UP - Inna & Sean Paul



Intro: 16 counts - No Tags, No Restarts

**[1 – 8] SIDE MAMBO, CROSS×2 / SIDE Rock, Recover, CROSS SHUFFLE ,SIDE, CROSS**

1 & 2      RF step Side Rock(1), LF Step Recover(&), RF step Cross(2)  
3 & 4      LF step Side Rock(3), RF Step Recover(&), LF step Cross(4)  
5&      RF step Side Rock(5), LF Step Recover(&)  
6&7&8      RF step Cross(6), LF step Side(&), RF step Cross(7), LF step Side(&), RF step Cross(8)

**[9 – 16] BACK, SIDE, CROSS SHUFFLE / KICK BALL CROSS×2**

1 – 2      LF Step Back(1), RF Step Side(2)  
3 & 4      LF step Cross(3), RF step Side(&), LF step Cross(4)  
5 & 6      RF Kick(5), RF Ball(&), LF step Cross(6)  
7 & 8      RF Kick(7) , RF Ball(&), LF step Cross(8)

**[17 – 24] TURN ¼ WEAVE / CROSS Rock, SIDE Rock, CROSS Rock, SIDE**

1 – 2&      Turn ¼ R RF Step Side(1), LF step Behind(2), RF Step Side(&) (3:00)  
3 – 4      LF step Cross(3), RF Step Side(4)  
5& 6&      LF Step Cross Rock(5), RF Step Recover(&), LF Step Side Rock(6), RF Step Recover(&)  
7 & 8      LF Step Cross Rock(7), RF Step Recover(&), LF Step Side (8)

**[25 – 32] CROSS MAMBO×2, Jazzbox TURN ¼, CROSS**

1 & 2      RF step Cross Rock(1), LF Step Recover(&), RF Step Side(2)  
3 & 4      LF step Cross Rock(3), RF Step Recover(&), LF Step Side(4)  
5 – 6      RF step Cross(5), Turn ¼ R LF Step Back(6) (6:00)  
7 – 8      RF Step Side(7), LF Step Cross(8)

♡♡have a good time♡♡

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