

# Spice It Up And Up

**COPPER KNOB**  
STEPSHEETS

拍数: 48      墙数: 2      级数: Improver  
编舞者: Michael Seurer (USA)  
音乐: Up! - Shania Twain



This dance is an extended version of Spice It Up

## MODIFIED JAZZ SQUARES

1            Cross right foot over in front of left and step  
2            Step back slightly on left foot  
3&4        Back shuffle(right, left, right)  
5            Cross left foot over in front of right and step  
6            Step back slightly on right foot  
7&8        Back shuffle (left, right, left)  
9-16       Repeat counts 1-8

## FORWARD STEPS WITH HEEL TAPS

17           Step forward on right foot with toe lead  
18-20      Tap right heel 3 times  
21           Step forward on left foot with toe lead  
22-24      Tap left heel 3 times  
24-32      Repeat counts 17-24

## CROSS TOUCHES

33           Touch right foot to the right  
34           Cross right foot over in front of left and step  
35           Touch left foot to the left  
36           Cross left foot over in front of right and step  
37-40      Repeat counts 33-36

## KICK BALL CHANGE, MILITARY PIVOT ½ TO THE LEFT, STOMPS

41           Kick right foot forward  
&           Step on ball of right foot next to left  
42           Step on left foot  
43&44      Repeat counts 41& 42  
45           Step forward on right foot while turning ½ to the left  
46           Shift weight to left foot  
47           Stomp right  
48           Stomp left foot next to right and clap hands

## REPEAT

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