

# Triple Up

拍数: 0      墙数: 2      级数: Intermediate  
编舞者: John "Growler" Rowell (UK)  
音乐: Up! - Shania Twain



Sequence: (Red) Begin at 8 beats / 11 seconds (Before vocals), then dance AAB, AB, AAA, Tag, B, A, 23 Counts of A

## PART A

### CROSS, SIDE, SAILOR TURN, RIGHT SHUFFLE, STEP, HALF PIVOT

- 1-2      Cross left over front of right, step right to right. (12:00)
- 3&4      Step left behind right, step right quarter turn left, step left in place (9:00)
- 5&6      Step right forward, step left next to right, step right forward (9:00)
- 7-8      Step left forward, pivot half turn right.(to the right (3:00))

### LEFT SHUFFLE, KICK-OUT-OUT, & CROSS, HALF UNWIND, HEEL GRIND, QUARTER TURN

- 1&2      Step left forward, step right next to left, step left forward (3:00)
- 3&4      Kick right forward, step right to side, step left to side (3:00)
- &5-6      Step right next to left, cross left over front of right, unwind half turn right (9:00)
- 7-8      Grind right heel forward, turn quarter right stepping back left (12:00)

### BACK ROCK, RECOVER, WALK RIGHT, LEFT. FOUR KNEE POPS

- 1-2      Rock back on right, recover weight to left (12:00)
- 3-4      Walk forward right, walk forward left (12:00)
- 5      Touch right toe slightly behind left popping right knee forward (12:00)
- 6      Drop right heel popping left knee forward and lifting left heel (12:00)
- 7      Drop left heel and pop right knee forward lifting right heel (12:00)
- 8      Drop right heel and pop left knee forward lifting left heel (12:00) (keeping weight forward)

### FORWARD ROCK, RECOVER, TURN-TURN-STEP, CROSS, TAP, BEHIND-SIDE-CROSS

- 1-2      Rock forward on right, recover weight to left (12:00)
- 3&4      Step right back turning quarter left, step left quarter turn left, step forward right (6:00)
- 5-6      Step left forward across front of right, tap right toe to right (6:00)
- 7&8      Step right behind left, step left to left, cross right in front of left (6:00)

## PART B

### ROCK LEFT, RIGHT, FORWARD, STEP BACK, ROCK BACK, STEP FORWARD, STEP, HALF TURN

- 1      Rock left to left, lift left hand up and out to left (12:00)
- 2      Rock right to right, lift right hand up and out to right (12:00)
- 3      Rock forward on left, clap hands above head slightly forward. (12:00)

Hand movements are optional and should "snap" into position

- 4      Step back right (12:00)
- 5-6      Rock back on left, step forward on right (12:00)
- 7-8      Step forward left, pivot half turn left on ball of left stepping back right (6:00)
- 9-16      Repeat counts 1-8
- 17-24      Repeat counts 1-8

### LEFT SAILOR, RIGHT SAILOR

- 1&2      Step left behind right, step to right, step left in place (6:00)
- 3&4      Step right behind left, step left to left, step right in place (6:00)

## TAG

## **HIP SWAYS LEFT, RIGHT, LEFT, RIGHT**

1-2 Sway hips left, sway hips right (12:00)

3-4 Sway hips left, sway hips right (12:00)

## **ENDING**

**Facing front wall: dance up to count 23 (3rd knee pop), then rock right to right, recover on left, cross right over left with a big smile**

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