

# Up From Here

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Michael Scoggins (USA)  
音乐: Up! - Shania Twain



## KICK BALL CHANGE, ½ TURN, ROCK STEP

- 1 Kick right foot forward
- & Touch ball of right foot beside left foot
- 2 Step on left foot
- 3 Kick right foot forward
- & Touch ball of right foot beside left foot
- 4 Step on left foot
- 5 Step right foot forward
- 6 Turn left ½ turn transfer weight to left foot
- 7 Step right foot forward
- 8 Rock back on left foot

## COASTER STEP, SHUFFLE, ROCK STEP SHUFFLE

- 1 Step right foot backward
- & Step left foot backward
- 2 Step right foot forward
- 3 Step left foot forward
- & Step right foot forward
- 4 Step left foot forward
- 5 Step right foot forward
- & Step left foot forward
- 6 Step right foot forward
- 7 Step left foot forward
- 8 Rock back on right foot

## COASTER STEP, ¼ TURN, LEFT VINE

- 1 Step left foot backward
- & Step right foot backward
- 2 Step left foot forward
- 3 Step right foot forward
- 4 Turn ¼ turn left transfer weight to left foot
- 5 Step right foot across front left foot
- 6 Step left foot to left side
- 7 Step right foot behind left foot
- 8 Step left foot to left side

## PONY STEP, MONTEREY TURN

- & Step right foot slightly forward
- 1 Step left beside right slightly apart
- & Step right foot slightly forward
- 2 Step left beside right slightly apart
- & Step right foot slightly forward
- 3 Step left beside right slightly apart
- & Step right foot slightly forward
- 4 Step left beside right slightly apart
- 5 Touch right toe to right side

- 6 Turn ½ turn to right transfer weight to right foot
- 7 Touch left toe to left side
- 8 Step left foot beside right foot

**REPEAT**

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