

# Up!

拍数: 34      墙数: 4      级数: Intermediate  
编舞者: Wayne Whalen (USA)  
音乐: Up! - Shania Twain



- 1&2      Kick right foot forward, step right next to left foot, touch left foot toe to left side  
3&4      Kick left foot forward, step left foot next to right foot, touch right toe to right side  
5-8      Repeat counts 1-4
- 1-4      Paddle turn to your left, leaving left foot in place and using right foot as the paddle do a complete full turn to your left  
5&6      Sailor shuffles- step right foot behind left foot, step left foot beside right foot, step right foot to right side  
7&8      Step left foot behind right foot, step right beside left foot, step left foot to left side
- 1-2      Rock right foot forward in front of left foot, stepping back on left foot starting a backward spin. (as in walk the line)  
3      Step right foot back doing ½ turn right  
4      Step left foot forward doing a ½ turn right  
5      Step right foot back doing a ½ turn right  
6      Step left foot forward slightly in front of right foot  
7      Jazz box- step right foot over left  
8      Step left straight back
- 1      Step right foot to right side  
2      Touch left foot beside right foot  
&3&4      Step left foot to left, step right foot to right side, bring left foot back in, step right foot over left foot  
5-6      Unwind to your left both  
7-8-1-2      Bump hips to right twice and then left twice transferring your weight to your left  
**The hip bumps are only done the first time thru. After that you'll start the dance over after you unwind**

**REPEAT**

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