

# Up

拍数: 64                      墙数: 4                      级数: Beginner  
编舞者: Linda Lee (MY) & Luvi Ong (MY) - March 2011  
音乐: Up - The Saturdays



Start after (16 counts)

## Intro 32 Count

- 1-4                      Knee Pop R, L, R, hold ( Body lean forward, both hands at the side)  
5-8                      Knee Pop L, R, L, hold ( Body lean forward, both hands at the side)
- 1-4                      step L to L side, step R beside L, step L to L side, touch R beside L  
5-8                      step R to R side, step L beside R, step R to R side, touch L beside R
- 1-4                      Knee Pop L, R,L, hold ( Body lean forward, both hands at the side)  
5-8                      Knee Pop R, L,R,, hold ( Body lean forward, both hands at the side)
- 1-4                      step R to R side, step L beside R, step R to R side, touch L beside R  
5-8                      step L to L side, step R beside L, step L to L side, touch R beside L

## DANCE:

### CROSS WALK FWD, OUT OUT BEHIND TOUCH, SIDE

- 1-2                      cross walk fwd, R, L  
3-4                      step R to R side, (R hand up ), step L to L side, (L hand up )  
5-8                      touch R behind, step R to R side, touch L behind, step L to L side  
**Hand: L hand On waist, R hand touching L shoulder, R hand swing & point to R side**

### SIDE ROCK CROSS CHA CHA, SIDE TOUCH, TWICE

- 1-2                      rock R to R side, recover on L  
3&4                      Cross R over L, step L to L side, Cross R over L  
5-6                      step L to L side, touch R slightly fwd  
**Hand : clutch both hands, R diagonal while you push your bump backwards on L**  
7-8                      step R to R side, touch L slightly fwd  
**Hand : clutch both hands, L diagonal while you push your bump backwards on R**

### SIDE ROCK CROSS CHA CHA, KICK BALL CROSS, TWICE

- 1-2                      rock L to L side, recover on R  
3&4                      Cross L over R, step R to R side, Cross L over R  
5&6                      kick R fwd, step ball on R beside L, cross R over L  
7&8                      kick R fwd, step ball on R beside L, cross R over L

### CHA CHA 1/4 TURN R, 1/4 TURN R, TOUCH, BUMP HIPS HIGH N LOW

- 1&2                      step R to R side, step L beside R. make 1/4 turn R, step R fwd, (push both hand to R side )  
3-4                      make 1/4 turn R, step L side, touch R beside L, (both hand on waist )  
5-8                      bump hips to R, (slightly up), bump hips to L, (slightly Down ), twice  
**Hand : L hand on waist, hand only R, up & down, twice**

### SIDE TOE SWITCHES, TOUCH HOLD, BUMP HIPS

- 1&                      touch R to R, step R beside L, (R hand to R side, L hand to chest)  
2&                      touch L to L, step L beside R, (L hand to L side, R hand to chest )  
3-4                      touch R foot slightly fwd, hold, ( R hand push out diagonal, L hand on waist )  
5-8                      R hand do clockwise move while, bump your hips on R, twice

### **SIDE TOE SWITCHES, TOUCH HOLD, BUMP HIPS**

- 1& touch L to L, step L beside R, (L hand to L side, R hand to chest)  
2& touch R to R, step R beside L, (R hand to R side, L hand to chest )  
3-4 touch L foot slightly fwd, hold, ( L hand push out diagonal, R hand on waist )  
5-8 L hand do anticlockwise move while, bump your hips on L, twice

### **FWD TOE STRUT, 1/4 TURN TOE STRUT**

- 1-4 touch R toe fwd, step R heel down, touch L toe fwd, step L heel down  
5-8 make 1.4 turn L, touch R toe fwd, step R heel down, touch L toe fwd, step L heel down (3.00)

### **ROLLING VINE R, TOUCH, ROLLING VINE L, TOUCH**

- 1-2 ¼ turn R step R fwd, ½ R step L back  
3-4 ¼ turn R step R to R side , touch L beside R  
5-6 ¼ turn L step L fwd, ½ turn L step back on R  
7-8 ¼ turn L step L to L side, touch R beside L

**RESTART :on wall 5 dance 48 counts ( 12.00 to 6.00 )**

**ENDING: dance 48 counts, (sec 6, omit last 6 count, 3-8 ) Replace with 1/4 turn L, 12.00**

**Continue until music ends - 8 counts**

- 1-4 step R fwd, ( R hand push out diagonal, L hand on waist,  
**R hand do clockwise move while, bump your hips on R, twice)**  
5-8 step L fwd, ( L hand push out diagonal, R hand on waist)  
**L hand do anticlockwise move while, bump your hips on L, twice)**

**Enjoy Your Dance**

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