

# FUP (First Up)

拍数: 32      墙数: 4      级数: High Beginner / Low Improver  
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - November 2011  
音乐: Muevelo - Los Super Reyes



“Celebrating 20 Years of Dance” - Dedicated to Michal Smal

Start after 64 count intro – [121bpm – 3:56 in length]

**[1-8] R cross rock & recover, R side cha, L cross rock/recover, ¼ L turning cha**

1-2            Cross rock R over L, recover weight on L  
3&4           Step R side, step L together, step R side  
5-6           Cross rock L over R, recover weight on R  
7&8           Turning ¼ left step L forward, step R together, step L forward (9 o'clock)

**[9-16] R fwd, ¼ L pivot turn, R crossing cha, L side rock/recover, L behind-side-cross**

1-2            Step R forward, pivot ¼ left (6 o'clock)  
3&4           Cross step R over L, step L side, cross step R over L  
5-6           Rock L side, recover weight on R  
7&8           Cross step L behind R, step R side, cross step L over R

**[17-24] R side, L touch together, L heel-ball-point, R cross step, L point, L sailor**

1-2            Step R side, touch L together  
3&4           Touch L heel forward (or kick L forward), step L together, point R side  
5-6           Cross step R over L, point L side  
7&8           Cross step L behind, step R side, step L side (travelling back)

**[25-32] R sailor, L back rock/recover, L fwd cha, R fwd, ¼ L pivot turn**

1&2           Step R back, step L side, step R side (travelling back)  
3-4           Rock L back, recover weight on R (option rock L back & kick R fwd, step R fwd)  
5&6           Step L forward, step R together, step L forward  
7-8           Step R forward, pivot ¼ left (3 o'clock)

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