

# Up

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - November 2014  
音樂: Up (feat. Demi Lovato) - Olly Murs



Start after 16 count intro – approx. 9 secs into song – [3mins 40secs – 115 bpm]

**[1-8] □ R fwd, L & R sailor steps travelling forward, L fwd rock/recover, ½ L & L fwd**

1                    Step R forward on slight right diagonal  
2&3                Cross step L behind R, step R side, step L forward on slight left diagonal  
4&5                Cross step R behind L, step L side, step R forward on slight right diagonal  
6-8                Rock L forward, recover weight on R, turning ½ left step L forward (6 o'clock)

**[9-16] □ ½ L & R back, L back, R coaster step, L fwd, R heel-together-touch, L heel-together**

1-2                Turning ½ left step R back, step L back (12 o'clock)  
3&4                Step R back, step L together, step R forward  
5                    Step L forward  
6&7                Touch R heel forward, step R together, touch L together  
8&                Touch L heel forward, step L together

**[17-24] R touch, R kick, R together, L & R toe switches, R sailor step, L behind-side-cross**

1-2                Touch R together, kick R forward  
&3&4               Step R together, touch L to left side, step L together, touch R to right R side  
5&6                Cross step R behind L, step L side, step R side  
7&8                Cross step L behind R, step R side, cross step L over R

**[25-32] □ R side, hold, L ball step 2x, L cross rock/recover, ¼ L shuffle**

1-2                Step R side, hold  
&3&4               Step L together, 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)

**[33-40] □ L full turn fwd, R fwd shuffle, L fwd rock/recover, R back, R fwd, ¼ L pivot turn**

1-2                Turning ½ left step R back, turning ½ left step L forward (or walk forward 2) (9 o'clock)  
3&4                Step R forward, step L together, step R forward  
5-6&               Rock L forward, recover weight on R, step L next to R  
7-8                Step R forward, pivot ¼ left (6 o'clock)

**[41-48] □ R jazz box ball cross side, ¼ L toaster step, L full turn fwd**

1-2                Cross R over L, step L back  
&3-4               Step R side, cross L over R, step R side  
5&6                Turning ¼ left step L back, step R together, step L forward  
7-8                Turning ½ left step R back, turning ½ left step L forward (or walk forward 2) (3 o'clock)

**[49-56] □ R fwd, ¼ L pivot turn, R cross shuffle, ½ R hinge turn, L cross shuffle**

1-2                Step R forward, pivot ¼ left (12 o'clock)  
3&4                Cross step R over L, step L side, cross step R over L  
5-6                Turning ¼ right step L back, turning ¼ right step R side (6 o'clock)  
7&8                Cross step L over R, step R side, cross step L over R

**[57-64] □ R side rock/recover, R together, L side rock/recover, L fwd & side touches, L coaster step**

1-2&                Rock R side, recover weight on L, step R together

3-4 Rock L side, recover weight on R  
5-6 Touch L toes forward, touch L toes side  
7&8 Step L back, step R together, step L forward

**TAG: End of Walls 1 & 3 (facing back wall): 8 counts: repeat counts 57-64 and restart the dance**

**TAG: End of Wall 2: 4 counts: R rocking chair, as you rock forward you can push both arms up and look "UP" (As they sing the word "UP")**

**BIG ENDING: At end of wall 6: step R forward and bring arms up and look up. Ta Da!**

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**Last Update - 22nd Jan 2015**

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