

# Heading Up

拍數: 64      牆數: 0      級數: Intermediate  
編舞者: Robert Lindsay (UK) - January 2014  
音樂: Up (feat. Demi Lovato) - Olly Murs : (Album: Never Been Better)



## Intro – 16 Counts – Start on vocals (8 seconds)

### Section 1: Side, Behind, & Heel & Cross, Step, ¼ Sailor, Step Forward

1-2            Step right to right. Step left behind right.  
&3&4        Step right beside left. Touch left heel left. Step left beside right. Step right across in front of left.  
5             Step left to left side.  
6&7         Turning ¼ turn right, step right behind left. Step left beside right. Step right forward.  
8             Step left forward.

### Section 2: Step, ½ Pivot Turn, Right Shuffle, Step, Touch & Heel & Step

1-2            Step right forward. Pivot ½ turn left.  
3&4         Step right forward. Step left beside right. Step right forward.  
5-6         Step left forward. Touch right to left.  
&7&8        Step right back. Touch left heel forward. Step left beside right. Step right forward.

### Section 3 Step, ¼ Pivot, Cross Shuffle, Step, ½ Hinge Turn, Kick Ball Step

1-2            Step left forward. Pivot ¼ turn right.  
3&4         Step left across right. Step right beside left. Step left across right.  
5-6         Step right to right. Turning ½ turn left, step left to left.  
7&8         Kick right across left. Step down on right. Step left forward.

### Section 4: Touch, Touch, ¼ Sailor, Touch, Touch, ½ Sailor

1-2            Touch right forward. Touch right to right.  
3&4         Turning ¼ turn right, step right behind left. Step left beside right. Step right forward.  
5-6         Touch left forward. Touch left to left.  
7&8         Turning ½ turn left, step left behind right. Step right beside left. Step left forward.

### Section 5: Step, Drag, Coaster Step, Right Cross Toe Strut, Kick Ball Cross

1-2            Step big step to the right. Drag left to right.  
3&4         Step left diagonally back behind right. Step right beside left. Step left diagonally forward left.  
5-6         Step right toe across in front of left. Drop right heel.  
7&8         Kick left diagonally left. Step down on left. Step right across left.

### Section 6: Side Rock, Behind, Side, Step, Forward, Hold & Shuffle

1-2            Rock left to left. Recover weight onto right.  
3&4         Step left behind right. Step right to right. Step left forward.  
5-6         Step right forward. Hold.  
&7&8        Step left beside right. Step right forward. Step left beside right. Step right forward.

### Section 7: Rock Forward, ½ Turn Shuffle, ¼ Turn Toe Strut x 2

1-2            Rock left forward. Recover weight onto right.  
3&4         Turning ½ turn left, step left forward. Step right beside left. Step left forward.  
5-6         Turning ¼ turn left, step right toe to right. Drop right heel.  
7-8         Turning ¼ turn left, step left toe to left. Drop left heel.

### Section 8: Kick and Point, Sailor Step, Step ¼ Pivot Turn, Step ½ Pivot Turn

1&2         Kick forward right. Step onto right. Point left to left side.  
3&4         Step left behind right. Step right beside left. Step left beside right.  
5-6         Step right forward. Pivot ¼ turn left.

7-8                    Step right forward. Pivot  $\frac{1}{2}$  turn left.

**At the end of Walls one and 3, Section 8 is repeated.**

**At the end of Wall 2 there is a 4 count TAG, which consists of 4 hip bumps – right, left, right left.**

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