

# Up

拍數: 32      牆數: 4      級數: Improver  
編舞者: Gail Craddock (USA) - July 2019  
音樂: Up - Thomas Rhett



## #16 count intro, when full band plays

### SKATE, TOUCH, SKATE, TOUCH, SKATE, SKATE, SKATE, TOUCH

- 1-2      Turning your body to face right corner, slide R a few inches towards right corner(skate) , touch L toe next to R (1:30)  
3-4      Turning your body to face left corner, slide L a few inches towards left corner(skate), touch R toe next to L (10:30)  
5-6      Skate R, skate L  
7-8      Skate R, touch L toe next to R (1:30)

### ANGLED TRIPLE BACK, 1/8 TURN/STEP, TOGETHER, SIDE TRIPLE, CROSS, SIDE

- 1&2      Keeping body faced to right corner step back on L, step R next to L, step back on L  
3-4      Turning 1/8 to right step R to side, slide and step L next to R (3:00)  
5&6      Step R to side, step L next to R, step R to side  
7-8      Cross L over right and step, step R to side

### LEFT SAILOR, RIGHT SAILOR, ROCK, RECOVER, LEFT COASTER STEP

- 1&2      Cross L behind R and step, step R to Side, step L slightly forward  
3&4      Cross R behind L and step, Step L to side, step R slightly forward  
5-6      Rock forward on L, recover weight on R  
7&8      Step back on L, step R next to L, step forward on L

### TRIPLE, BACK, SLIDE AND TOUCH, SWAY R-L-R-L

- 1&2      Step forward on R, step L next to R, step forward on R  
3-4      Step back on L, slide R and touch next to L  
5-6      Step R slightly to right and sway hip to right, change weight to L and sway hip to left  
7-8      Change weight to R and sway hip to right, change weight to L and sway hip to left

## END OF DANCE

### #16 COUNT TAG: Done at end of wall 2(facing back) and at end of wall 4(facing front)

#### SIDE, TOUCH, SIDE, TOUCH, TRIPLE, ROCK RECOVER(Lindy)

- 1-2      Step R to side, touch L toe next to R  
3-4      Step L to side, touch R toe next to L  
5&6      Step R to side, step L next to R, step R to side  
7-8      Rock back on L, recover weight on right

#### TRIPLE, ROCK, RECOVER(Lindy), SIDE, TOUCH, SIDE, TOUCH

- 1&2      Step L to side, step R next to L, step L to side  
3-4      Rock back on R, recover weight on L  
5-6      Step R to side, touch L next to R  
7-8      Step L to side, touch R next to L

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