

# Up Again

拍數: 32      牆數: 4      級數: Improver  
編舞者: Vanessa H. - September 2019  
音樂: Up Again - Dan Bremnes



## Right lock, left lock, step, ½ turn, left shuffle

1&2      step right forward, step left behind right, step right forward  
&3&4      step left forward, step right behind left, step left forward, step right forward  
5-6      step left forward, make ½ turn to right stepping right forward  
7&8      step left forward, step right beside left, step left forward (6:00)

## Right lock, left lock, step, ¼ turn, left cross shuffle

1&2      step right forward, step left behind right, step right forward  
&3&4      step left forward, step right behind left, step left forward, step right forward  
5-6      step left forward, make ¼ turn to right stepping right to side  
7&8      step left over right, step to side, step left across right (9:00)

## Restart here on wall 3

## Rock right side, recover, behind and cross, rock left side, recover, left ¼ sailor

1-2      rock right to side, recover to left  
3&4      step right behind left, step left to side, step right over left  
5-6      rock left to side, recover to right  
7&8      step left beside right making ¼ turn, step right beside left, step left forward (6:00)

## Right shuffle, left forward rock, recover, ¼ turn left shuffle, rock right behind left, recover

1&2      step right forward, step left beside right, step right forward  
3-4      rock left forward, recover to right  
5&6      step left back making ¼ turn left, step right beside left, step left to side  
7-8      rock right behind left, recover to left (3:00)

**Ending: On wall 8, make ½ turn left on counts 31&32 to face the front**

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