

# Grew Up

拍數: 84      牆數: 1      級數: Intermediate  
編舞者: Sigg Gudenus (DE) & Westerngirls - March 2020  
音樂: Grew Up On That - High Valley



**Note: The dance begins after 16 counts.**

## #1. Section: Side, Behind, ¼ Turn r. Shuffle Forward, Step ¼ Turn r., Cross Shuffle

1-2            RF step to the right, LF behind RF  
3&4           ¼ turn to the right, RF step forward, LF next to RF and RF step forward (3 o'clock)  
5-6           LF step forward, ¼ turn to the right (weight on RF) (6 o'clock)  
7&8           cross LF in front of RF, RF next to LF and cross LF in front of RF

## #2. Section: Side, Behind & Heel & Cross, ¼ Turn r., ¼ Turn r., Kickball Change

1-2            RF step to the right, cross LF behind RF  
&3            RF next to LF and tap left heel forward  
&4            LF next to RF and cross RF in front of LF  
5-6           ¼ turn to the right and LF step back (9 o'clock), ¼ turn to the right and RF step to the right (12 o'clock)  
7&8           LF kick forward, LF next to RF, slightly raise the RF and weight back onto RF

## #3. Section: Cross Rock, ¼ Turn l. Chassé, Cross Rock & Heel & Toe Touch Back

1-2            cross LF in front of RL, slightly raise the RF and weight back onto RF  
3&4           ¼ turn to the left LF step to the left, RF next to LF and LF step to the left (9 o'clock)  
5-6           cross RF in front of LF, slightly raise the LF and weight back onto LF  
&7            RF next to LF and tap left heel forward  
&8            LF next to RF and tap right toe back

## #4. Section: Shuffle Back With ¼ Turn r., Sailor Step, Heel & Heel & 2x Stomp r.

1&2           RF step back, LF next to RF, ¼ turn to the right and RF step to the right (12 o'clock)  
3&4           cross LF behind RF, RF next to LF and LF step to the left

**Omit: Stop here at the 3rd wall and keep dancing the 5th section!**

**Finish: At the 4th wall stop here and RF stomp forward! (The music continues for a little while)**

5&6           tap right heel forward, RF next to LF and tap left heel forward  
&7-8          LF next to RF and stomp RF next to LF 2x (weight on LF)

## #5. Section: Cross & Heel r./l., Step ½ Turn l., Shuffle Forward

1&2           cross RF in front of LF, LF next to RF and tap right heel forward  
&3            RF next to LF and cross LF in front of RF  
&4            RF next to LF and tap left heel forward  
&5-6          LF next to RF and RF step forward, ½ turn to the left (weight on LF) (6 o'clock)  
7&8           RF step forward, LF next to RF and RF step forward

## #6. Section: Cross & Heel l./r., Step ½ Turn r., Full Turn r.

1&2           cross LF in front of RF, RF next to LF and tap left heel forward  
&3            LF next to RF and cross RF in front of LF  
&4            LF next to RF and tap right heel forward  
&5-6          RF next to LF and LF step forward, ½ turn to the right (weight on RF) (12 o'clock)  
7-8           ½ turn to the right and LF step back (6 o'clock), ½ turn to the right and RF step forward (12 o'clock)

## #7. Section: Mambo Forward, Coaster Step, Scissor Step l./r.

1&2           LF step forward, slightly raise the RF and weight back onto RF, LF next to RF

- 3&4 RF step back, LF next to RF and RF step forward  
5&6 LF step to the left, RF next to LF and cross LF in front of RF  
7&8 RF step to the right, LF next to RF and cross RF in front of LF

**#8. Section: Rock Step, Coaster Step l./r.**

- 1-2 LF step forward, slightly raise the RF and weight back onto RF  
3&4 LF step back, RF next to LF and LF step forward  
5-6 RF step forward, slightly raise the LF and weight back onto LF  
7&8 RF step back, LF next to RF and RF step forward

**#9. Section: Step, Scuff, Shuffle Forward, Step ½ Turn r., Shuffle Forward With ½ Turn r.**

- 1-2 LF step forward, RF scuff forward  
3&4 RF step forward, LF next to RF and RF step forward  
5-6 LF step forward, ½ turn to the right (weight on RF) (6 o'clock)  
7&8 ¼ turn to the right and LF step to the left (9 o'clock), RF next to LF, ¼ turn to the right and LF step back (12 o'clock)

**#10. Section: Coaster Step, Rock Step, Shuffle Back with ½ Turn l., Step ½ Turn l.**

- 1&2 RF step back, LF next to RF and RF step forward  
3-4 LF step forward, slightly raise the RF and weight back onto RF  
5&6 ¼ turn to the left, LF step to the left (9 o'clock), RF next to LF, ¼ turn to the left and LF next to LF, LF step forward (6 o'clock)  
7-8 RF step forward, ½ turn to the left (weight on LF) (12 o'clock)

**#11. Section: Walk , Walk, Out Out, In In**

- 1-2 RF step forward, LF step forward  
&3 RF step to the right, LF step to the left  
&4 RF step to the left , LF next to RF

**Dance, Have Fun & Smile!**

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