

# Up

拍數: 32      牆數: 4      級數: Beginner / Improver  
編舞者: Andrico Yusran (INA) - August 2021  
音樂: Up (feat. Demi Lovato) - Olly Murs



**\*\*Tags :**

\*4 counts after wall 4

\*8 counts after wall 2 & 6

Start dance after Intro: 16 counts\*

**S1# \*HEEL FORWARD SYNCOPATED - SIDE TOUCH - CLOSE - SIDE TOUCH - CLAP (2x)\***

1&2&      Step R heel forward - R close beside L , L heel forward , L tap ball close beside R  
3-4      R forward - L close beside R  
5&6&      R side touch point , R close beside L , L side touch point , L close beside R  
7&8      R side touch point , clap hand in front L shoulder

**S2# \*CROSS ROCK - LINDY - FORWARD SHUFFLE\***

1-2      Step R cross over L , L recover  
3&4      R side , L close beside R , R side  
5-6      L back , R in place  
7&8      L forward , R close beside L , L forward

**S3# \*HEEL JACKS - FORWARD ROCK - CHASSE 1/4\***

&1&2      Step R side - L heel diagonal to L , L ball close beside R , R cross over L  
&3&4      L side - R heel diagonal to R , R ball close beside L , L forward  
5-6      R forward , L recover  
7&8      R side 1/4 turn to R - L close beside R , R side ( 3.00 ) weight on R

**S4# \*CROSS ROCK - LINDY - KICK BALL FORWARD**

1-2      Step L cross over R , R recover  
3&4      L side , R close beside L , L side  
5-6      R back , L in place  
7&8      R kick forward , R ball tap close beside L , L forward

**\*TAG 4 COUNTS\***

**\*SIDE - KICK FORWARD - SIDE - CLOSE TOUCH\***

1-4      Step R side , L kick forward , L side , R close touch beside L

**\*TAG 8 COUNTS\***

**\*SIDE TOUCH - CLOSE ( R-L )- ROCKING CHAIR\***

1-4      Step R side touch point , R close beside L , L side touch point , L close beside R  
5-8      R forward , L in place , R back , L in place

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