

# Up

拍數: 48      牆數: 4      級數: Phrased Improver  
編舞者: Beth Tiwi (INA) - December 2021  
音樂: Up (feat. Demi Lovato) - Olly Murs



Part A 32 count 2 tag A  
Part B 16 count, 1 tag B

Seq: AA (tagA wall 6) BB BB (tagB wall 15) AA (tagA wall 24) BB BB AA BB BB

Start on lyric

## Part A

### \*I. Walk (R-L)-Lock Shuffle-Rock Forward-Coaster Step\*

1-2            Step R Forward, Step L Forward  
3&4           Step R forward, Lock L Behind R, Step R Forward  
5-6           Step R forward, Recover on L  
7&8           Step R back , Close L beside R , Step R forward

### \*II. Side Rock-Coaster Step-Side Rock- Turn 1/4 Left Coaster Step\*

1-2            Step R to R side, recover to L  
3&4           Step R back , Close L beside R , Step R forward  
5-6           Step L to L side, turn 1/4 Left recover to R  
7&8           Step L back , Close R beside L , Step L forward

### \*III. Grapevine R- Paddle Turn 1/4 2x\*

1234          Step R to R side, Cross L behind R, Step R to R side - Touch L beside R  
5-6           Step L Forward, turn 1/4 right step R in place  
7-8           Step L Forward, turn 1/4 right step R in place

### \*IV. Cross Point- Jazz Box\*

1-2            Step L cross over R, Step R touch to side  
3-4            Step R cross over L, step L touch to side  
5678          Step L cross over R , R back , L side , R forward

### Tag A : \*K Step\*

1-2            Step R to right front diagonal, Touch L beside R  
3-4            Step L to left back diagonal, Touch R beside L  
5-6            Step R to right back diagonal, Touch L beside R  
7-8            Step L to left front diagonal, Touch R beside L

## Part B

### \*I. Side Drag-Side Rock (R/L)\*

1-2            Long Step R to R Side, Drag L to R  
3-4            Step R to R side, recover to L  
5-6            Long Step L to L Side, Drag R to L  
7-8            Step L to L side, recover to R

### \*II. Forward-Kick-Rock Backward-Rock Forward Turn R 1/4\*

1-2            Step R forward, kick L forward  
3-4            Step L Backward, step R backward  
5678          Step R forward, step L forward turn Right 1/4, R inplace, step L cross over R

**Tag B : \*SideRock (R/L)\***

1-2 Step R to R side, step L close to R

3-4 Step L to L side, step R close to L

**Happy Dance,  
Dancing with your Soul  
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