

# Up And Try

拍數: 64      牆數: 2      級數: Advanced  
編舞者: Debbie Mabbs (UK) & Lorraine Monahan (UK) - November 2022  
音樂: Up and Try - DJ Mayson



- Intro: 32 counts (approx. 15 secs) – Start on vocals

## S1 [1-8] Full Turn R, Back R, Touch L, L Dorothy, R Dorothy

1,2            Make ½ turn R stepping forward on R, make a ½ turn R stepping back on L  
3,4            Step back on R, touch L in front of R  
5,6&         Step L to L diagonal, cross lock R behind L, step L to L diagonal  
7,8&         Step R to R diagonal, cross lock L behind R, step R to R diagonal

## S2 [9-16] Rock Fwd L, Recover R, Triple Full Turn L, Rock Fwd R, Recover L, R Pony Steps Back

1,2            Rock forward on L, recover on R  
3&4          Make a full triple turn L on the spot stepping L, R, L  
(non-turning option: L coaster step)  
5,6            Rock forward on R, recover on L  
7&8          Step back on R while popping L knee up, step L next to R, step back on R while popping L  
                 knee up (keep steps small)

(alternative: R shuffle back)

## S3 [17-24] L Pony Steps Back, Switches, Body Roll, Step L, ¼ R, ¼ R

1&2            Step back on L while popping R knee up, step R next to L, step back on L while popping R  
                 knee up (keep steps small)

(alternative: L shuffle back)

3&4            Touch R to R side, step R next to L, touch L to L side  
&5,6          Step L next to R, touch R to R side, body roll to R side transferring weight to R  
&7,8          Step L next to R, make ¼ turn R stepping forward on R, make ¼ turn R stepping L to L side -  
6.00

## S4 [25-32] R Sailor, L Behind, Step R ¼ R, Step L, Cross R, Unwind Full Turn, Bend Knees, Straighten Up

1&2            Step R behind L, step L to L side, step R to R side  
3&4            Step L behind R, make ¼ turn R stepping forward on R, step forward on L - 9.00  
5,6            Cross step R over L, unwind full turn L (weight on both feet)  
7,8            Bend both knees, gradually straighten up making a gentle snake roll (weight on L)

RESTART: During WALL 3 dance up to and including count 32 then RESTART.

This will temporarily turn the dance to the 3 o'clock and 9 o'clock walls.

## S5 [33-40] R Out, L Out, R In, L In, Touch R Out In Out, R Behind ¼ Step, ½ Turn Shuffle R

1&            Small step on R out to R side, small step on L out to L side  
2&            Bring R back in to place, bring L back in next to R  
3&4            Touch R out to R side, touch R next to L, touch R out to R side  
5&6            Step R behind L, step L to L side, step forward on R  
7&8            Make ¼ turn R stepping L to L side, cross step R over L, make ¼ turn R stepping back on L -  
3.00

## S6 [41-48] ½ Turn Shuffle R, ½ Box Turn R, Touch R, Hip Roll R

1&2            Make ¼ turn R stepping R to R side, step L next to R, make ¼ turn R stepping forward on R -  
9.00  
3,4            Step L to L side, make ¼ turn R stepping R to R side - 6.00  
5,6            Make ¼ turn R stepping L to L side, touch R next to L - 3.00  
7,8            Roll hips anticlockwise transferring weight to R

**S7 [49-56] Hip Roll L, ½ Box Turn L, Touch L, Hip Roll L**

- 1,2 Roll hips clockwise transferring weight to L
- 3,4 Step R to R side, make ¼ turn L stepping L to L side - 12.00
- 5,6 Make ¼ turn L stepping R to R side, touch L next to R - 9.00
- 7,8 Roll hips clockwise transferring weight to L

**S8 [57-64] Hip Roll R, L Shuffle ¼ L, Kick & Point & Point & Press**

- 1,2 Roll hips anticlockwise transferring weight to R
- 3&4 Make ¼ turn L stepping forward on L, step R next to L, step forward on L - 6.00
- 5&6 Kick R forward, step down on R, point L to L side
- &7 Step L next to R, point R to R side
- &8 Step R next to L, press forward on L bending both knees (keep weight on L)

**Start Over**

**TAG: At the end of WALL 5 add the following 4-count tag then start the dance again facing 6 o'clock. The tag returns the dance to the 6 and 12 o'clock walls.**

**[1-4] Paddle 1 ¼ Turn L**

- 1 Keeping weight on L touch R toes to floor and push into ¼ turn L - 6.00
- 2 Keeping weight on L touch R toes to floor and push into ½ turn L - 12.00
- 3 Keeping weight on L touch R toes to floor and push into ¼ turn L - 9.00
- 4 Keeping weight on L touch R toes to floor and push into ¼ turn L - 6.00

**PATTERN**

**WALL 1: Full wall (starts 12.00 ends 6.00)**

**WALL 2: Full wall (starts 6.00 ends 12.00)**

**WALL 3: Restart after S4 facing 9.00**

**WALL 4: Full wall (starts 9.00 ends 3.00)**

**WALL 5: Full wall (starts 3.00 ends 9.00) – Add tag to start dance again facing 6.00**

**WALL 6: Full wall (starts 6.00 ends 12.00)**

**Last Update: 14 Nov 2022**

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