

# Up

拍數: 64      牆數: 2      級數: Phrased High Improver  
編舞者: Melissa Miller (UK) & Mads Rasmussen (DK) - February 2025  
音樂: Up - Jonah Blacksmith



Intro: 16 counts from beginning of track. App. 7 secs. into track. Start with weight on L foot

Sequence: AA-Tag-BBB(16), AA-Tag-BBB(16), AA-BBB(16)

## A part: 32c

### [1 – 8] R vine with touch, L slide, R back rock

- 1 - 4      RF to R side, LF behind R, RF to R side, LF touch next to RF (12:00)
- 5 - 6      Big step to the left on LF, drag RF next to LF (12:00)
- 7 - 8      RF back rock, recover onto LF (12:00)

### [9 – 15] 2x kick ball cross, R vine ¼

- 1 & 2      Kick RF to R diagonal, step RF beside LF, cross LF over RF (12:00)
- 3 & 4      Kick RF to R diagonal, step RF beside LF, cross LF over RF (12:00)
- 5 - 7      Start a half figure 8 by stepping RF to R side, LF behind RF, turn a ¼ R stepping RF forward (3:00)

### [16 – 24] L step ½ turn, ¼ L vine, R cross rock, R side rock

- 8 - 1      Step LF forward, step ½ turn over R (step down on RF) (9:00)
- 2 - 4      Turn a ¼ R by stepping LF to L side, RF behind LF, LF to L side (12:00)
- 5 - 6      Cross RF in front of LF, recover onto LF (12:00)
- 7 - 8      Rock RF to R side, recover onto LF (12:00)

### [25 – 32] R back L sweep, L Back R sweep, R back rock, R step ½ turn

- 1 - 2      Step back on RF while sweeping LF, continue the sweep with LF (the sweep is over 2 counts) (12:00)
- 3 - 4      Step back on LF while sweeping RF, continue the sweep with RF (the sweep is over 2 counts) (12:00)
- 5 - 6      Rock RF back, recover onto LF (12:00)
- 7 - 8      Step RF forward, step ½ turn over L (6:00)

## B part: 32c

### [1 – 8] RF Dorothy forward, L Dorothy forward, R step ½ turn, RF forward hitching left F

- 1 - 2&      Step RF to R diagonal, Lock LF behind RF, Step slightly forward on RF (12:00)
- 3 - 4&      Step LF to L diagonal, Lock RF behind LF, Step slightly forward on LF (12:00)
- 5 - 6      Step RF forward, step ½ turn over L (6:00)
- 7 - 8      Step RF forward, hitch L knee while going up on ball of RF (styling: put both arms up and point both fingers towards the sky) (6:00)

### [9 – 16] LF rocking chair, ½ shuffle, R back rock

- 1 - 2      Rock LF forward, recover onto RF (6:00)
- 3 - 4      Rock LF back, recover onto RF (6:00)
- 5 & 6      Turn ¼ R step LF to L, step RF beside LF, turn ¼ R step LF back (12:00)
- 7 - 8      Rock RF back, recover onto LF (12:00)

### [17 – 24] 2x ¼ R monterey

- 8 - 1      Point RF to R, ¼ turn R closing RF next to LF (3:00)
- 2 - 4      Point LF to L, close LF next to RF (3:00)
- 5 - 6      Point RF to R, ¼ turn R closing RF next to LF (6:00)

7 - 8 Point LF to L, close LF next to RF (6:00)

**[25 – 32] R side rock behind, L side rock, behind side cross**

1 - 4 Rock RF to R, recover onto LF, step RF behind LF, rock LF to L (6:00)

5 - 8 Recover onto RF, step LF behind RF step RF to R, cross LF over RF (6:00)

**Tag: Comes twice, after second A and after fourth A.**

**[1 - 9] R basic, L basic, V-step, hold (change weight to L)**

1 - 2& Step RF to R side, step LF behind RF, Recover onto R (12:00)

3 - 4& Step LF to L side, step RF behind LF, Recover onto LF (12:00)

5 - 6 Step RF towards R diagonal (R arm goes out to the R diagonal), Step LF towards L diagonal (L arm goes out to the L diagonal) (12:00)

7 - 8 Step RF back (R arm goes into chest), touch LF next to RF (L arm goes in to chest) (12:00)

9 Hold while changing weight to LF (12:00)

**Ending: Finish the last B(16) and you will end up by 12:00 after the back rock**

**Last Update: 6 Apr 2025**

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