

# Movin' Up

拍數: 36      牆數: 4      級數: Intermediate  
編舞者: Fran Kirkham (UK) & Dave Kirkham (UK)  
音樂: Up! - Shania Twain



## RIGHT KICK-BALL CHANGE TWICE, ROCK, RECOVER, COASTER STEP

1&2      Kick right forward, step right in place, replace weight on left  
3&4      Repeat 1&2  
5-6      Rock forward on to right, rock back onto left  
7&8      Step back on right, step left next to right, step forward right

## WEAVE RIGHT, ROCK, RECOVER, LEFT CHASSÉ ¼ TURN LEFT

9-10      Cross step left over right, step right to side  
11-12      Cross step left behind right, step right to side  
13-14      Cross rock left over right, rock back on to right  
15&16      Step left to side, close right to left, turn ¼ left stepping forward left (now facing 9:00)

## FULL TURN LEFT, RIGHT SHUFFLE, FULL TURN RIGHT, LEFT SHUFFLE

### All moving forward toward 9:00

17-18      Pivot ½ turn left stepping back right, pivot ½ turn left stepping forward left  
19&20      Shuffle forward on right, left, right  
21-22      Pivot ½ turn right stepping back left, pivot ½ turn right stepping forward right  
23&24      Shuffle forward on left, right, left

### Alternative to full turn

21-22      Walk forward left, right

## ROCK, RECOVER, SHUFFLE ½ TURN TWICE, ROCK, RECOVER

25-26      Rock forward on right, rock back on left  
27&28      Shuffle ½ turn right stepping right, left, right  
29&30      Shuffle ½ turn right stepping left, right, left

### Steps 27-30 moving back toward 3:00

31-32      Rock back on right, rock forward on left

## HEEL SWITCHES AND TOUCH

33&      Right heel dig forward, step right in place  
34&      Left heel dig forward, step left in place  
35&36      Right toe touch beside left, clap, clap

## REPEAT

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