

# TJUp

拍數: 32      牆數: 1      級數: Improver  
編舞者: Toni Holmes (UK) & Jody Gould  
音樂: Up! - Shania Twain



## HEEL SWITCHES, TOE TAPS AND STEP AND ROCK

1            Tap right heel forward, close to left  
&2          Tap left heel forward, close to right  
&3          Tap right heel forward, close to left  
&4          Tap left toe back, close to right  
&5          Tap right toe back, close to left  
&6          Step forward on left  
7-8         Rock forward on right, rock back on left

## BACK SHUFFLE, ¾ SHUFFLE LEFT, TURNING TOE STRUTS

9&10        Right shuffle back  
11&12       Left shuffle back making ¼ turn left  
13-14       Cross right toe over left, drop heel  
15-16       Step left toe to left side making ¼ turn left, drop heel

## TURNING TOE STRUTS, KICK BALL CHANGE, STOMPS

17-18       Cross right toe over left making ¼ turn left, drop heel  
19-20       Cross left toe over right, drop heel  
21&22       Kick right foot forward, close to left, step left in place  
23-24       Stomp right to right side, stomp right to right side

**Each time taking the right leg away from the left**

## KICK BALL CHANGE, STOMPS, SAILORS WITH ¼ TURN

25&26       Kick left leg forward, close to right, step left in place  
27-28       Stomp left to left side, stomp left to left side

**Each time taking the left leg away from the right**

29&30       Right sailor step  
31&32       Left sailor step making ¼ turn left

**When doing stomps point hand up in the air**

**REPEAT**