

# Up From Here

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 2      級數: Improver  
編舞者: Sue Halliday (USA)  
音樂: Up! - Shania Twain



## **½ PIVOT, STOMP, STOMP, APPLEJACKS**

1-2            Step forward right foot, turn ½ left (weight on left)  
3-4            Stomp forward right foot, stomp left foot next to right  
&5            Swing left toe & right heel to left, swing to center  
&6            Swing right toe & left heel to right, swing to center  
&7&8          Repeat steps &5&6

## **½ PIVOT, STOMP, STOMP, APPLEJACKS**

9-16            Repeat steps 1-8

## **KICK FORWARD & BACK, STEP, HITCH, SCOOT, STEP, TOUCH**

17-18          Kick right foot forward & back from hip  
19-20          Step right foot forward, hitch left knee  
21-22          Hop forward twice on right foot  
23-24          Step left foot forward, touch right foot behind left bending body forward

**Option: a step slide can be done on counts 21-22**

## **TURNING SHUFFLES, SHANIA WALKS**

**In these 2 shuffles, you will turn 1 ½ turns to the right. Allow arms to naturally move up to keep balance**

25&26          Turning to the right shuffle right-left-right beginning 1 ½ turn  
27&28          Turning to the right shuffle left-right-left completing 1 ½ turn

**When walking, sway arms in the air from side to side (like at a concert)**

29-30          Walk forward right foot, walk forward left foot (allow hips to move freely)  
31-32          Repeat steps 29-30

**REPEAT**

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