

# Up Up Up!

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Wesley Cowie (UK)  
音樂: Up! (Red) - Shania Twain



Start on the word 'be' (13 seconds intro)

## POINT BACK, SIDE, CROSSING CHASSE, POINT SIDE, FORWARD, BACK SHUFFLE

1-2      Point right foot back, point right toe to right side  
3&4      Cross right over left, step left to left side, cross right over left  
5-6      Point left toe to left side, point left toe forward  
7&8      Step back on left, close right beside left, step back on left

## RIGHT CHASSE, FULL TURN FORWARD, LEFT ROCK, CROSSING SHUFFLE

1&2      Step right to right side, close left beside right, step right to right  
3      On ball of right foot make  $\frac{1}{2}$  turn right, step back on left  
4      On ball of left foot make  $\frac{1}{2}$  turn right, step forward on right foot  
5-6      Rock left foot to left side, recover weight onto right foot  
7&8      Cross left over right, step right to right side, cross left over right

## STEP $\frac{1}{4}$ TURN, SWEEP $\frac{1}{2}$ TURN, FORWARD SHUFFLE, STEP, PIVOT, ROCK, CROSS

1      Step right  $\frac{1}{4}$  turn right  
2      Sweep left foot from behind right to in front of right making a further  $\frac{1}{2}$  turn right  
3&4      Step forward left, close right beside left, step forward left  
5-6      Step forward right, pivot  $\frac{1}{2}$  turn left  
7&8      Rock right to right side, recover onto left, cross right over left

## SCUFF, STEP, SCUFF, CROSS, HIP BUMPS $\frac{1}{2}$ TURN

1-2      Scuff left foot forward, step forward left  
3-4      Scuff right foot forward, cross right over left foot  
5&      Bump hips to right making  $\frac{1}{8}$  turn left, bump hips left  
6&      Bump hips to right making  $\frac{1}{8}$  turn left, bump hips left  
7&      Bump hips to right making  $\frac{1}{8}$  turn left, bump hips left  
8&      Bump hips to right making  $\frac{1}{8}$  turn left, bump hips left

## POINT, KICK, COASTER STEP, $\frac{1}{4}$ CHUGS RIGHT X 4

1-2      Point right toe forward, kick right foot forward  
3&4      Step back onto right, close left beside right, step forward on right  
5&      Hitch left knee making  $\frac{1}{4}$  turn right, touch left toe to left side  
6&      Hitch left knee making  $\frac{1}{4}$  turn right, touch left toe to left side  
7&      Hitch left knee making  $\frac{1}{4}$  turn right, touch left toe to left side  
8&      Hitch left knee making  $\frac{1}{4}$  turn right, touch left toe to left side

## POINT, KICK, COASTER STEP, $\frac{1}{4}$ CHUGS LEFT TWICE, CROSSING CHASSE

1-2      Tap left toe beside right foot, kick left foot forward  
3&4      Step back onto left, close right beside left, step forward on left  
5&      Hitch right knee making  $\frac{1}{4}$  turn left, touch right toe to right side  
6&      Hitch right knee making  $\frac{1}{4}$  turn left, touch right toe to right side  
7&8      Cross right over left, step left to left side, cross right over left

## LEFT ROCK, CLOSE, RIGHT ROCK, WALK, STEP $\frac{1}{4}$ TURN, ROCK BACK

1-2      Rock left to left side, recover weight onto right

& Close left beside right  
3-4 Rock right to right side, recover weight onto left  
5-6 Walk forward right, make ¼ turn right stepping left to left side  
7-8 Rock back on right, recover weight onto left foot

**RIGHT CHASSE, KICK BALL POINT, CLOSE, MONTEREY ¼ TURN**

1&2 Step right to right side, close left beside right, step right to right side  
3&4 Kick left foot forward, step left beside right, point right to right side  
& Close right beside left  
5-6 Point right to right side, on ball of left make ¼ turn right, stepping right beside left  
7-8 Touch left to left side, step left beside right

**REPEAT**

**TAG**

**On walls 1 and 2 only, complete this tag after section 8 count 2 then restart**

1&2 Kick left foot forward, step left beside right, tap right toe beside left foot

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