

# Up! Up! Up!

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Nancy Morgan (USA)  
音樂: Up! - Shania Twain



Start as soon as you hear the hard beat after the break in the music

## HOP FORWARD, DROP DOWN AND UP, REPEAT, ROCK FORWARD, COASTER STEP

&1&2      Hop forward: right, left, drop down slightly  
&3&4      Hop forward: right, left, drop down slightly  
5-6      Rock forward on left and back on right  
7&8      Coaster step - step back on left, back on right, forward on left

## CROSS, STEP, SAILOR SHUFFLE, CROSS, STEP, SIDE SHUFFLE ¼ TURN

1-2      Cross right over left, step left to left side  
3&4      Sailor shuffle - step right behind left, step left to left side, step right foot to right side  
5-6      Cross left over right, step right to right side  
7&8      Turning a ¼ turn to your left, side shuffle - left, right, left

## SHUFFLE FORWARD ¼ TURN, TWO WALKS FORWARD, ROCK FORWARD AND BACK AND FORWARD AND BACK

1&2      Shuffle forward ¼ turn to your left - right, left, right  
3-4      Walk forward - left, right  
5&6&7&8      Rock forward on right and back on left and forward on right and back on left

## BACK COASTER STEP, ¼ TURN MAMBO, STOMP, HOLD FOR 3 COUNTS

1&2      Back coaster step - step back on right, back on left, step forward on right  
3&4      ¼ turn right mambo - step right foot forward, turn ¼ turn right as you step on your left, step left next to your right  
5-6-7-8      Stomp right foot forward keeping weight on left, hold for 3 counts (or tap heel 3 times.)

## REPEAT

## RESTART

On 2nd and 4th walls drop the last 4 counts

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