

# Can Only Go Up

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Trent Duncan (AUS)  
音樂: Up! - Shania Twain



## SCUFF RIGHT, STEP RIGHT, STEP LEFT, STEP RIGHT OVER, SHUFFLE LEFT SIDE, ROCK RIGHT

1-4      Scuff right beside left, step right to right side, step left in place, step right over in front of left  
5&6      Shuffle left-right-left to left side  
7-8      Step right over in front of left, rock back onto left

## SHUFFLE RIGHT SIDE, ¼ TURN, ROCK, LEFT COASTER, RIGHT KICK BALL

1&2      Shuffle right-left-right to right side turning ¼ turn right  
3-4      Step forward left, rock back onto right  
5&6      Coaster step left (step left back, right together, step left forward)  
7&8      Right kick ball change (kick right foot, step right beside left, step left beside right)

## ½ PIVOT, FREEZE RIGHT, DODGE STEP, STEP LEFT SIDE, STEP RIGHT BEHIND

1-2      Step forward right, pivot ½ left  
3-4      Step right to right side, step left behind right  
&5-6      Step right to right side, step left to left side, step right over in front of left  
7-8      Step left to left side, step right behind left

## DODGE STEP, SAMBA RIGHT, SAMBA LEFT, RIGHT KICK BALL

&1-2      Step left to left side, step right to right side, step left over in front of right  
3&4      Right samba cross (step right to right side, replace weight onto left, step right over left)  
5&6      Left samba cross (step left to left side, replace weight onto right, step left over right)  
7&8      Right kick ball change (see above)

## ½ PIVOT, SHUFFLE RIGHT, ROCK LEFT, FULL TURN TRIPLE STEP

1-2      Step forward right, pivot ½ turn left  
3&4      Shuffle forward right-left-right  
5-6      Step left forward, rock back onto right  
7&8      Stepping left-right-left turn a full turn left

Optional: triple step on spot left-right-left

## ROCK RIGHT, 1½ TURN RIGHT SHUFFLE, ROCK LEFT, COASTER STEP LEFT

1-2      Step right forward, rock back onto left  
3&4      Turning 1 ½ turn right, shuffle right-left-right

Optional: ½ turn right, shuffling right-left-right

5-6      Step forward left, rock back right  
7&8      Coaster step left (see above)

## ½ PIVOT, WEAVE TO THE LEFT, TOUCH LEFT SIDE. WEAVE RIGHT, TOUCH RIGHT SIDE, TOUCHES, UNWIND, STEP LEFT

1-2      Step forward right, pivot ½ turn left  
3-6      Step right over left, step left to left side, step right behind left, touch left toe to left side  
7-8      Step left over right, step right to right side

1-4      Step left behind right, touch right toe to right side, step right over in front of left, touch left toe to left side

5-8      Step left behind right, touch right toe behind, unwind ½ turn right, taking weight onto right.  
Step forward slightly left

REPEAT

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