

# Up Up Up

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - May 2010  
音樂: The Sky's the Limit - Jason Derulo



Start after 32 count intro

**(1-8) L Cross Step, Hold, R Ball Cross 2X, R Side Rock & Recover, R Behind-1/4 L-Fwd**

1-2            Cross step L over R, hold  
&3&4        Step R side, cross step L over R, step R side, cross step L over R  
5-6            Rock R side, recover weight on L  
7&8        Cross step R behind L, turning ¼ left step L forward, step R forward (9 o'clock)

**(9-16) L Fwd, Hold, L Ball Step Fwd 2X, R Fwd Rock & Recover, R Coaster**

1-2            Step L forward, hold  
&3&4        Step R together, step L forward, step R together, step L forward  
5-6            Rock R forward, recover weight on L  
7&8        Step R back, step L together, step R forward

**(17-24) A Lot Of Syncopation: L Step Touch & Heel Ball Step, L Touch Ball Heel & Together, L & R Side Switches**

1-2            Step L forward, touch R together  
&3&4        Step R back, touch L heel forward, step L back, step R forward  
5&6&        Touch L together, step L back, touch R heel forward, step R together  
7&8        Touch L side, step L together, touch R side

**(25-32) R Tog, L Back Touch & Unwind ½ L, R Fwd Shuffle, L Fwd, ¼ R Pivot, L Cross Shuffle**

&1-2        Step R together, touch L back, unwind ½ left stepping on L (3 o'clock)  
3&4        Step R forward, step L together, step R forward  
5-6        Step L forward, pivot ¼ right (6 o'clock)  
7&8        Cross step L over R, step R side, cross step L over R

**(33-40) R Chasse, L Back Rock & Recover, L Side, R Touch, R Ball Cross ¼ L**

1&2        Step R side, step L together, step R side  
3-4        Rock L back, recover weight on R  
5-6        Step L side, touch R together  
&7-8        Step R back, cross step L over R, turning ¼ left step R back (3 o'clock)

**(41-48) ¼ L & L Chasse, R Back Rock & Recover, R Side, L Touch, L Ball Cross ¼ R**

1&2        Turning ¼ left step L side, step R together, step L side (12 o'clock)  
3-4        Rock R back, recover weight on L  
5-6        Step R side, touch L together  
&7-8        Step L side, cross step R over, turning ¼ right step L back (3 o'clock)

**(49-56) R Back Rock & Recover, L Fwd Full Turn, R Heel Fwd, Hold, ¼ L & L Heel Fwd, L Together, R Toes Touch Together**

1-2            Rock R back, recover weight on L  
3-4            Walk forward R, L (3 o'clock)  
**Turning option: Turning ½ left step R back, turning ½ left step L forward**  
5-6            Touch R heel forward, hold  
&7            Turning ¼ left step R together, touch L heel forward (12 o'clock)  
&8            Step L together, touch R toes together

**(57-64) ¼ L & L Heel Fwd, Hold, L Together, R Fwd Rock & Recover, ½ R Fwd Shuffle, L Fwd, ¼ R Pivot Turn**

&1-2            Turning ¼ left step R back, touch L heel forward, hold (9 o'clock)

&3-4            Step L together, rock R forward, recover weight on L

5&6            Turning ½ right step R forward, step L together, step R forward (3 o'clock)

7-8            Step L forward, pivot ¼ right (6 o'clock)

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