



UP

Type: Danse en couple en cercle

Comptes: 64 comptes, 4 murs

Chorégraphe: J. Rutherford, F. Cournoyer, S. Laverdière, M. Laliberté (CAN)

Niveau: Improver

Musique: Up (feat Demi Lovato) Olly Murs

Intro : 16 temps

Intro 16 Counts - Position: Sweetheart - Same footwork throughout unless otherwise stated

SECTION 1 1-8 KICK BALL STEP X2, STEP LOCK STEP X2

1&2 Kick right fwd, Step right in place, Step left fwd

3&4 Kick right fwd, Step right in place, Step left fwd

****2nd Restart at this point of the dance**

5&6 Step right fwd, Lock left behind right, Step right fwd

7&8 Step left fwd, Lock right behind left, Step left fwd

***1st and ***3rd Restart at this point of the dance**

SECTION 2 9-16 ROCK STEP, COASTER STEP, ROCK STEP, TOGETHER, ROCK STEP

1-2 Rock fwd on right, Recover on left

3&4 Step back on right, Step left next to right, Step fwd on right

5-6& Rock fwd on left, recover on right, Step left next to right

7-8 Rock fwd on right, Recover on left

SECTION 3 17-24 LOCK STEP BACK, ½ L TURN SHUFFLE, ¼ TURN ROCK STEP, CROSS SHUFFLE

1&2 Step back on right, Lock left in front of right, Step back on right

3&4 ½ turn left Forward Shuffle LRL

5-6 Step right fwd ¼ turn left, Recover on left

7&8 Cross step right over left, Step left to left side, Cross step right over left

SECTION 4 25-32 WAVE ,SIDE ROCK RECOVER ,BEHIND 1/4 RIGHT FORWARD SHUFFLE

1-2 LF step left , RF behind LF.

&3-4 LF step left , RF cross over LF , LF setp left side

5-6& RF recover, LF behind RF ,RF 1/4 turn right forward

7 & 8 LF forward, RF beside LF , LF forward

SECTION 5 33-40 CROSS SAMBA X2;1/4 TURN AND CROSS SHUFFLE, 1/2 TURN AND CROSS SHUFFLE

1&2 Cross step right in front of left, Rock left to left side, Recover on right

3&4 Cross step left in front of right, Rock right to right side, Recover on left

5&6 Turning ¼ turn right cross step right over left, Step left to left side, Cross step right over left

7&8 Turning ½ turn left cross step left over right, Step right to right, Cross step left over right

COUNTRY FOR TWO

SECTION 6 41-48 SIDE ROCK BEHIND SIDE CROSS, SIDE ROCK SAILOR 1/4 LEFT

1-2 RF side Rock , Recover on left

3&4 RF blind LF , LF step to left , RF cross in front of LF

5-6 Rock left to left side, Recover on right

7&8 Step left behind right 1/4 turn left, Step right next to left, step fwd on left

SECTION 7 49-56 CROSS , RECOVER X2 ; JAZZ BOX 1/4 TURN RIGHT

1&2 RF cross over LF ,LF recover , RF step beside LF

5-6 RF cross over LF , LF step back 1/4 turn right

7-8 RF step on right , LF forward

SECTION 8 57-64 1/2 TURN, COASTER STEP, 1/2 TURN, COASTER STEP

1-2 RF forward , 1/2(right turn) LF back

3&4 RF back , LF beside RF , RF forward

5-6 LF forward, 1/2(left turn) RF step back

7&8 LF back, RF together LF , LF forward

**Ending last 4 count 5-6 Forward, Recover coaster step + (2 count) Right Hell forward poses
LF forward , RF recover , LF back , RF beside LF , LF forward + right hell forward**

Restart: Wall 1 + 8 counts (Section 1) = 64+8

Wall 2 + 4 counts (Section 1 first 4 counts) =64 + 4

Wall 3 + 8 counts (Section 1) = 64+8