

STEP IT UP A GEAR

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Count: — **Wall:** — **Level:** —

Choreographer: Andy Dixon

Music: Tragedy by The Steps

Sequence: ABC, AB, 9-16 of C, B, 9-16 of C

SECTION A

HITCH, TOUCH, HITCH, TOUCH, HIP BUMPS TWICE

- &1&2** Hitch right knee. Touch right toe to right side. Hitch right knee. Touch right toe to right side
- 3&4** Bump hips-right, left, right.
- &5&6** Hitch left knee. Touch left toe to left side. Hitch left knee. Touch left toe to left side.
- 7&8** Bump hips-left, right, left.

KICK BALL TOUCH, TOE SWITCHES TWICE

- 9&10** Kick right foot forward. Step right in place. Touch left toe to left side.
- &11** Step left to center. Touch right toe to right side.
- &12** Step right to center. Touch left to left side.
- 13&14** Kick left foot forward. Step left in place. Touch right toe to right side.
- &15** Step right to center. Touch left to left side
- &16** Step left to center. Touch right to right side.

RIGHT AND LEFT ROLLING VINES

- 17-20** Make a rolling vine to the right.
- 21-24** Make a rolling vine to the left.

SIDE TOUCHES, CROSS UNWIND, WALKS

- 25-26** Touch right toe to right side. Touch right back to center.
- 27-28** Touch left toe to left side. Touch right back to center.
- 29-30** Cross right over left. Unwind $\frac{1}{2}$ turn to the left.
- 31-32** Walk forward-right, left.

33-64 Repeat steps 1-32

HEEL BOUNCES

65-70 Bounce right heel in place 6 times.

SECTION B

HANDS (TRAGEDY)

- 1-2** Put your hands up beside your ears
- 3&4** Bump hips-right, left, right
- 5** Raise your right arm in the air to the right
- 6** Raise your left arm in the air to the left
- 7** Clasp both hands together on your heart
- 8** Stretch both arms out straight in front with you palms up

HANDS (TRAGEDY), OUT, OUT, IN, IN

- 9-12** Repeat steps 1-4
- 13-14** Step right out to right side. Step left out to left side
- 15-16** Step right to center. Step left to center

STEP TOGETHER, STEP TOGETHER, STEP TOGETHER, STEP TOGETHER

- 17-18** Step left to left side. Step right next to left
- 19-20** Step left to left side. Step right next to left.
- 21-22** Step right to right side. Step left next to right.
- 23-24** Step right to right side. Step left next to right.

HAND AND ARM MOVEMENTS WITH SHOULDER PUSHES

- 25-26** Extend right arm forward. Extend left arm forward
- 27** Put your hands up beside your ears.
- &** Swing your right arm out to the right with your left hand on your left hip.
- 28** Swing your left arm out to the left with your hand on your right hip
- 29** Hold your right arm out with palm facing forward (stopping the traffic)
- 30-32** Roll or push your left shoulder forward 3 times making ½ turn left.

33-64 Repeat steps 1-32

SIDE SHUFFLES WITH ROCKS

65&66 Step right to the side. Close left beside right. Step right to the right side

67-68 Rock back on left. Rock forward on right.

69&70 Step left to left side. Close right beside left. Step left to left side.

71-72 Rock back on right. Rock forward on left.

73-80 Repeat steps 65-72

HEEL SWITCHES

81&82 Touch right heel forward. Step right to center. Touch left heel forward.

&83-84 Step left to center. Touch right heel forward. Hold.

&85 Step right to center. Touch left heel forward.

&86 Step left to center. Touch right heel forward.

&87-88 Step right to center. Touch left heel forward. Hold.

WALKS, RIGHT & LEFT SHUFFLES

& Step left to center.

89-92 Walk forward-right, left, right, right

93&94 Step right forward. Close left beside right. Step right forward.

95&96 Step left forward. Close right beside left. Step left forward.

STOMPS, SWIVELS, STOMPS, HEEL, TOE, HEEL

97-98 Stomp right forward. Stomp left behind right heel. (3rd position)

99&100 Swivel heels out. Swivel heels in. Swivel heels out.

101-102 Stomp right to right side. Stomp left to left side. (shoulder width apart).

103&104 Swivel heels in. Swivel toes in. Swivel heels in.

SECTION C

SHOULDER PUSHES

1-8 Roll or push shoulders forward making $\frac{1}{2}$ turn left

STEP ½ TURN, RIGHT & LEFT SHUFFLES, WALKS

- 9-10** Step right forward. Pivot ½ turn left.
- 11&12** Step forward right. Close left beside right. Step right forward.
- 13&14** Step left forward. Close right beside left. Step forward left.
- 15-16** Walk forward-right, left.
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- 17-24** Repeat steps 9-16

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=40553