

# Spirits Up

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Siu Selfridge

**Music:** Up! by The Saturdays

## JAZZ BOX, RIGHT FORWARD, $\frac{1}{4}$ LEFT PIVOT TURN, RIGHT FORWARD, $\frac{1}{4}$ LEFT PIVOT TURN

**1-4** Cross right over left, step left back, step right to right, step left together

**5-6** Step right forward, pivot  $\frac{1}{4}$  left turn

**7-8** Repeat 5-6

## RIGHT GRAPEVINE HEEL JACK, RIGHT KICK FORWARD, LEFT CROSS TOUCH, $\frac{1}{4}$ TURN LEFT SHUTTLE

**1-4** Step right to right side, cross left behind right, step right back, touch left heel forward

**5-6** Kick right forward, cross touch left toe over right

**7&8** Turn  $\frac{1}{4}$  left step left forward, step right together, step left forward

## LEFT FULL TURN, ROCKING CHAIR, RIGHT SIDE, LEFT BEHIND, TURN $\frac{1}{4}$ RIGHT, LEFT FORWARD

**1-2** Make  $\frac{1}{2}$  turn left stepping back on right, Make  $\frac{1}{2}$  turn left stepping forward on left

**(Optional: walk right forward, walk left forward)**

**3&4&** Rock right forward, recover on left, rock right back, recover on left

**5-8** Step right to side, cross left behind right, turn  $\frac{1}{4}$  right to right side, step left forward

## KICK OUT, OUT, HIP BUMPS (RIGHT RIGHT-LEFT LEFT), RIGHT BACK, STEP LEFT $\frac{1}{4}$

**&1-2** Kick right forward, step right slightly right, step left slightly left

**3-4** Weight on right and push hips to right twice

**5-6** Shift weight to left and push hips to left twice

**7-8** Step right back, step left  $\frac{1}{4}$  left side

## REPEAT