UP (Floor Split For Beginners)

Count: 32 **Wall:** 4 **Level:** Beginner / Improver

Choreographer: Karen Kennedy (Nuline - Scotland) March 2015

Music: Up by Olly Murs (feat Demi Lovato) Album: Never Been Better (Deluxe Edition)

Music Download:- Download from ITunes and Amazon

Intro:- 16 counts – Start on vocals as heavy beat kicks in

SIDE, TOGETHER, RIGHT SHUFFLE, ROCK FWD, RECOVER, ¼ TURN CHASSE

1 -2	Step right to right side, close left beside right
3&4	Step right forward, close left beside right, step right forward
5 -6	Rock forward on left, recover on right
7&8	Turn ¼ left stepping left to left side, close right beside left, step left to left side (9.00)

½ PIVOT TURN, ½ TURNING SHUFFFLE, POINT FWD, POINT SIDE, ¼ LEFT SAILOR

1 -2	Step forward on right, pivot ½ turn left (3.00)

3&4½ turning shuffle – stepping right, left, right (9.00)

5 -6	Point left toe forward, point left toe to left side
7&8	Cross left behind right, ¼ turn left stepping right to right side, step left to left side (6.00)

POINT FWD, STEP SIDE, LEFT SHUFFLE, RIGHT HEEL & TAP, RIGHT & LEFT HEEL SWITCHES

1 -2	Point right toe forward, step right foot to right side (transfer weight to right foot)
3&4	Step left forward, close right beside left, step left forward
5&6	Touch right heel forward, step right back in place, touch left toe beside right instep
&7&8	Step left foot back in place, touch right heel forward, step right back in place, touch left heel forward

STEP BACK, STEP FWD, ¼ PIVOT, RIGHT CROSS SHUFFLE, ½ HINGE TURN , LEFT SHUFFLE

&1 -2	Step left back in place, step right forward, ¼ pivot turn left (3.00)
3&4	Cross right over left, close left beside right, cross right over left
5 -6	Turn ¼ right stepping back on left (12.00) ¼ turn right stepping right to right side (9.00)

7&8	Step left forward, close right beside left, step left forward

START AGAIN

TAG 1:- Add at the end of wall 2 and 6 both times facing the back wall.

POINT FWD, POINT SIDE, RIGHT SAILOR, POINT FWD, POINT SIDE, LEFT SAILOR

1 -2	Point right forward, point right to right side
3&4	Cross right behind left, step left to left side, step right to right side
5 -6	Point left forward, point left to left side
7&8	Cross left behind right, step right to right side, step left to left side

TAG 2:- Add at the end of wall 4 facing front wall

RIGHT ROCKING CHAIR

1 -4	Rock forward on right, recover on left, rock back on right, rec over on right

Dance was Choreographed so my Beginners and Improvers can dance to this music by Olly Murs.

Contact: karencazzza@aol.com or karen@nulinedance.com

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=103082