

**Count:** 32

**Wall:** 1

**Level:** beginner/intermediate

**Choreographer:** Toni Holmes & Jody Gould

**Music:** Up! by Shania Twain

## HEEL SWITCHES, TOE TAPS AND STEP AND ROCK

- 1 Tap right heel forward, close to left
- &2 Tap left heel forward, close to right
- &3 Tap right heel forward, close to left
- &4 Tap left toe back, close to right
- &5 Tap right toe back, close to left
- &6 Step forward on left
- 7-8 Rock forward on right, rock back on left

## BACK SHUFFLE, $\frac{3}{4}$ SHUFFLE LEFT, TURNING TOE STRUTS

- 9&10 Right shuffle back
- 11&12 Left shuffle back making  $\frac{1}{4}$  turn left
- 13-14 Cross right toe over left, drop heel
- 15-16 Step left toe to left side making  $\frac{1}{4}$  turn left, drop heel

## TURNING TOE STRUTS, KICK BALL CHANGE, STOMPS

- 17-18 Cross right toe over left making  $\frac{1}{4}$  turn left, drop heel
- 19-20 Cross left toe over right, drop heel
- 21&22 Kick right foot forward, close to left, step left in place
- 23-24 Stomp right to right side, stomp right to right side

**Each time taking the right leg away from the left**

## KICK BALL CHANGE, STOMPS, SAILORS WITH $\frac{1}{4}$ TURN

- 25&26 Kick left leg forward, close to right, step left in place
- 27-28 Stomp left to left side, stomp left to left side

**Each time taking the left leg away from the right**

**29&30** Right sailor step

**31&32** Left sailor step making  $\frac{1}{4}$  turn left

**When doing stomps point hand up in the air**

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=43407](https://www.linedance.com/index.php?f=dance_view&id=43407)