

SPICE IT UP AND UP

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Count: 48

Wall: 2

Level: beginner/intermediate

Choreographer: Michael Seurer

Music: Up! by Shania Twain

This dance is an extended version of Spice It Up

MODIFIED JAZZ SQUARES

- 1 Cross right foot over in front of left and step
- 2 Step back slightly on left foot
- 3&4 Back shuffle(right, left, right)
- 5 Cross left foot over in front of right and step
- 6 Step back slightly on right foot
- 7&8 Back shuffle (left, right, left)
- 9-16 Repeat counts 1-8

FORWARD STEPS WITH HEEL TAPS

- 17 Step forward on right foot with toe lead
- 18-20 Tap right heel 3 times
- 21 Step forward on left foot with toe lead
- 22-24 Tap left heel 3 times
- 24-32 Repeat counts 17-24

CROSS TOUCHES

- 33 Touch right foot to the right
- 34 Cross right foot over in front of left and step
- 35 Touch left foot to the left
- 36 Cross left foot over in front of right and step
- 37-40 Repeat counts 33-36

KICK BALL CHANGE, MILITARY PIVOT ½ TO THE LEFT, STOMPS

- 41 Kick right foot forward
- & Step on ball of right foot next to left

- 42 Step on left foot
- 43&44 Repeat counts 41& 42
- 45 Step forward on right foot while turning $\frac{1}{2}$ to the left
- 46 Shift weight to left foot
- 47 Stomp right
- 48 Stomp left foot next to right and clap hands

REPEAT