

UP, UP, UP

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Count: 32 **Wall:** 1 **Level:** intermediate/advanced east coast swing

Choreographer: Jeremy Bryan, Angie Hulinsky & Barbara Thacker

Music: Up! by Shania Twain

Sequence: AB, AB, A to the end

APPLE JACKS, STEP $\frac{1}{4}$ TURN RIGHT, PIVOT $\frac{3}{4}$ TO RIGHT, TRIPLE TO LEFT SIDE WITH SLIDE

- 1&2&3&** Apple jacks starting to the left
- 4** Right foot steps $\frac{1}{4}$ turn right, planting weight on right foot
- 5-6** Step left foot forward, pivot $\frac{3}{4}$ to right, (now facing back to original wall.)
- 7&-8&** Side triple, left-right-left, on count #8, slide left foot to left and drag right foot next to left

SHOULDER POPS, CROSS ROCK RIGHT, TRIPLE BACK

- 1-2-3&4** Pop left-shoulder up, then right-shoulder up and left shoulder down, then left, right, left

Alternate the up & down shoulders ending with your weight on the left foot

- 5-6** Cross right foot over left, recover weight on left foot
- 7&8** Triple step back, right-left-right (end with weight on right foot)

TOE POINTS AND SWITCHES, CROSS ROCK RIGHT, TRIPLE TO THE RIGHT WITH $\frac{1}{4}$ TURN RIGHT

- 1&2** Point left-toe to left side, bring left-toe back to center and point right-toe to right side
- &3** On the "and" count, bring right-toe back to center, and point left-toe to left side
- 4** Step left toe back to center taking weight on left foot
- 5-6** Cross right foot over left, recover weight onto left foot
- 7&8** Side shuffle, right, left, right, making $\frac{1}{4}$ turn right, planting weight on right foot

RONDE WITH LEFT LEG TURNING RIGHT $\frac{3}{4}$ TURN, FEET APART, HEEL TAPS

- 1-2-3-4** Sweep left leg around in front of right making a $\frac{3}{4}$ turn
- &-5** Step right foot to right, step left foot to left (out-out)
- 6-7-8** Tap heels to floor on each count, keeping heels on floor on count #8

REPEAT

TAG

At the end of walls 1 & 2

CROSS ROCK RIGHT, TRIPLE TO THE RIGHT WITH $\frac{1}{4}$ TURN RIGHT, STEP PIVOT $\frac{3}{4}$ RIGHT, TRIPLE TO LEFT

- 1-2** Cross right foot over left, recover weight on left foot
- 3&-4** Side shuffle, right, left, right, making $\frac{1}{4}$ turn right, planting weight on right foot
- 5-6** Step left foot forward, pivot $\frac{3}{4}$ to right, (back to original wall)
- 7&-8** Triple step to the left, left-right-left, (weight now on left)

JAZZ BOX IN PLACE TWO TIMES

- 1-2** Step right foot across in front of left foot, step left foot back
- 3-4** Step right foot back and to the right, step left foot next to right (weight now on left)
- 5-6** Step right foot in across in front of left foot, step left foot back
- 7-8** Step right foot back and to the right, step left foot next to right (weight now on left)

HIP BUMPS MOVING FORWARD, STEP PIVOT $\frac{1}{2}$ LEFT TWO TIMES

- 1-2-3-4** Two hip bumps to the right, then two hip bumps to left (moving slightly forward with each)
- 5-6-7-8** Step right foot forward and pivot $\frac{1}{2}$ left, step right foot forward and pivot $\frac{1}{2}$ left again

CROSS ROCK RIGHT OVER LEFT, STEP RIGHT AND HOLD

- 1-2** Cross right foot over left, recover weight on left foot
- 3-4** Step right foot to right side and hold on count 4