

Count: 64 **Wall:** 4 **Level:** Beginner

Choreographer: Linda Lee & Luvi Ong M'sia (March 11)

Music: Up by The Saturdays

Start after (16 counts)

Intro 32 Count

1-4 Knee Pop R, L, R, hold (Body lean forward, both hands at the side)

5-8 Knee Pop L, R, L, hold (Body lean forward, both hands at the side)

1-4 **step L to L side, step R beside L, step L to L side, touch R beside L**

5-8 **step R to R side, step L beside R, step R to R side, touch L beside R**

1-4 Knee Pop L, R,L, hold (Body lean forward, both hands at the side)

5-8 Knee Pop R, L,R,, hold (Body lean forward, both hands at the side)

1-4 **step R to R side, step L beside R, step R to R side, touch L beside R**

5-8 **step L to L side, step R beside L, step L to L side, touch R beside L**

DANCE:

CROSS WALK FWD, OUT OUT BEHIND TOUCH, SIDE

1-2 **cross walk fwd, R, L**

3-4 **step R to R side, (R hand up), step L to L side, (L hand up)**

5-8 **touch R behind, step R to R side, touch L behind, step L to L side**

Hand: L hand On waist, R hand touching L shoulder, R hand swing & point to R side

SIDE ROCK CROSS CHA CHA, SIDE TOUCH, TWICE

1-2 **rock R to R side, recover on L**

3&4 Cross R over L, step L to L side, Cross R over L

5-6 **step L to L side, touch R slightly fwd**

Hand : clutch both hands, R diagonal while you push your bump backwards on L

7-8step R to R side, touch L slightly fwd

Hand : clutch both hands, L diagonal while you push your bump backwards on R

SIDE ROCK CROSS CHA CHA, KICK BALL CROSS, TWICE

1-2rock L to L side, recover on R

3&4 Cross L over R, step R to R side, Cross L over R

5&6kick R fwd, step ball on R beside L, cross R over L

7&8kick R fwd, step ball on R beside L, cross R over L

CHA CHA 1/4 TURN R, 1/4 TURN R, TOUCH, BUMP HIPS HIGH N LOW

1&2step R to R side, step L beside R. make 1/4 turn R, step R fwd, (push both hand to R side)

3-4make 1/4 turn R, step L side, touch R beside L, (both hand on waist)

5-8bump hips to R, (slightly up), bump hips to L, (slightly Down), twice

Hand : L hand on waist, hand only R, up & down, twice

SIDE TOE SWITCHCHES, TOUCH HOLD, BUMP HIPS

1&touch R to R, step R beside L, (R hand to R side, L hand to chest)

2&touch L to L, step L beside R, (L hand to L side, R hand to chest)

3-4touch R foot slightly fwd, hold, (R hand push out diagonal, L hand on waist)

5-8R hand do clockwise move while, bump your hips on R, twice

SIDE TOE SWITCHCHES, TOUCH HOLD, BUMP HIPS

1&touch L to L, step L beside R, (L hand to L side, R hand to chest

2&touch R to R, step R beside L, (R hand to R side, L hand to chest)

3-4touch L foot slightly fwd, hold, (L hand push out diagonal, R hand on waist)

5-8L hand do anticlockwise move while, bump your hips on L, twice

FWD TOE STRUT, 1/4 TURN TOE STRUT

1-4touch R toe fwd, step R heel down, touch L toe fwd, step L heel down

**5-8make 1.4 turn L, touch R toe fwd, step R heel down, touch L toe fwd, step L heel down
(3.00)**

ROLLING VINE R, TOUCH, ROLLING VINE L, TOUCH

1-2¼ turn R step R fwd, ½ R step L back

3-4¼ turn R step R to R side , touch L beside R

5-6¼ turn L step L fwd, ½ turn L step back on R

7-8¼ turn L step L to L side, touch R beside L

RESTART :on wall 5 dance 48 counts (12.00 to 6.00)

ENDING: dance 48 counts, (sec 6, omit last 6 count, 3-8) Replace with 1/4 turn L, 12.00

Continue until music ends - 8 counts

1-4step R fwd, (R hand push out diagonal, L hand on waist,

R hand do clockwise move while, bump your hips on R, twice)

5-8step L fwd, (L hand push out diagonal, R hand on waist)

L hand do anticlockwise move while, bump your hips on L, twice)

Enjoy Your Dance

Contact: lindaluvi@gmail.com