

WORD UP

LINEDANCE.COM

Count: 32

Wall: 4

Level: intermediate

Choreographer: Crazy Chris

Music: Word Up by Cameo

KICK HITCH, & TOUCH, TOUCH FLICK, BUMP & BUMP, BUMP & ¼ TURN

- 1-2** Kick right to right side, hitch right knee across left
- &3&4** Step right beside left, point left forward, point left to left side, flick left behind right knee slapping hand on foot
- 5&6** Step back on left bumping hips back, bump hips forward, bump hips back
- 7&8** Bump hips forward, bump hips back, bump hips forward turning ¼ turn left

BEHIND & IN FRONT, ROCK & CROSS, ROCK RECOVER, SAILOR ½ TURN CROSS

- 1&2** Step left behind right, step right to right side, step left across right
- 3&4** Rock right to right side, recover onto left, cross right over left
- 5-6** Rock left to left side, recover onto right
- 7&8** Step left behind right, turn ½ turn over left shoulder stepping right to right side, cross left over right

STEP CROSS, ROCK RECOVER, CROSS SHUFFLE, BUMP & BUMP, ¼ TURN BUMP & BUMP

- 1-2** Step right to right side, cross left over right
- 3&4** Rock right to right side, recover onto left, cross right over left
- 5&6** Step left to left side bumping hips left, bump hips right, bump hips left
- 7&8¼ turn right stepping right to right side bumping hips right, bump hips left, bump hips right**

¼ TURN BUMP & BUMP, ROCK RECOVER ¼ TURN, STEP ½ TURN STEP, STEP ¾ TURN

- 1&2¼ turn right stepping left to left side bumping hips left, bump hips right, bump hips left**
- 3&4** Rock right diagonally back, recover onto left, ¼ turn right stepping forward right
- 5&6** Step forward left, ½ turn over right shoulder stepping forward onto right, step forward onto left
- 7-8** Step forward onto right, ¾ turn over left shoulder taking weight onto left

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=46993