

Up Again

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Count: 16 **Wall:** 4 **Level:** Beginner

Choreographer: Jennifer Jones -- October 2019

Music: "Up Again" by Dan Bremnes

#16 count intro: Begin dance on lyrics

Section1: Toe heel stomps, Mambo right and left

1&2R toe tap next to L, R heel tap next to L, stomp R forward

3&4L toe tap next to R, L heel tap next to R, stomp L forward

5&6 Rock R to right, step L in place, step R next to L

7&8 Rock L to left, step R in place, step L next to R (12:00)

Section 2: Rock recover, shuffle back, $\frac{3}{4}$ turn left, sailor shuffle

1,2R step forward, recover weight to L

3&4R step back, close L next to R, R step back

5,6L turn $\frac{1}{4}$ left (9:00) , R turn $\frac{1}{2}$ left (3:00)

7&8 Cross L behind R, step R to right side, step L to place (3:00)

Begin dance again

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Thank- you and enjoy the dance.

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