

Up For Dancing

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Lucy Cooper - December 2019

Music: Wanna Dance— Nathan Carter

Walk, Walk, Toe, Flick, Toe, Flick, Walk, Heel, Ball, Kick ball Step

- 1 2** Walk right forward, walk left forward
- 3&4&** Touch the right toe forward, flick right to the right, touch the right toe forward, flick right to the left
- 5 6&** Walk right forward, touch left heel forward, ball step left next to right
- 7&8** Kick right forward, ball step right next to left, step left forward

¼ Pivot L, Cross shuffle, ½ Turn R, Side Rock ¼ turn, Cross

- 1 2** Step right forward, pivot ¼ left (9.00)
- 3&4** Cross right over left, step left to side, cross right over left
- 5 6** Step back on left turning ¼ right, step forward on right turning ¼ right (3.00)
- 7&8** Rock left to side turning ¼ right, recover onto right, cross left in front of right (6.00)

Skate, Skate, Heel, Back, Back, Back Rock, Recover, Knee pop, Knee Pop

- 1 2** Facing right diagonal skate right, skate left
- 3 4** Touch right heel forward to right diagonal, step right back
- 5 6&** Step back on the left (squaring back to front), rock right back, recover onto left
- 7&8** Pop the right knee in, ball step right next to left, pop the left knee in

Cross, Side, Sailor ¼ L, Hip bump R, Step, Hip bump L, Step

- 1 2** Cross left in front of right, step right to side
- 3&4** Cross left behind turning ¼ left, step right to side, step left to side
- 5&6** Touch the right toe forward and bump the hips (turn body to left diagonal), recover onto left, step forward onto the right
- 7&8** Touch the left toe forward and bump the hips (turn body to right diagonal), recover onto right, step forward onto the left

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