

# Giddy On Up and Giddy On Out!

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

**Choreographer:** M. Vasquez - October 2014

**Music:** 'Giddy On Up' - Laura Bell Bundy

## Dance starts on main vocal

**Restarts: Wall 4 - Complete wall up to the coaster step in Section 2 and restart (Wall 5)**

### Section 1: Cross Rocks, Shuffle Forward, Cross Samba

- 1-2**            Cross rock left foot over right, recover back on right foot
- &**              Step left foot next to right
- 3-4**            Cross rock right foot over left, recover back on left foot
- &**              Step right foot next to left
- 5&6**           Step left foot forward, step right next to left, step left foot forward
- 7&8**           Cross right foot over left, step left foot slightly to left side (on &), step right foot next to left

### Section 2: Cross and $\frac{3}{4}$ Unwind Turn Right, Coaster Step, Shuffle Forward, Sailor Step

- 1-2**            Cross left foot over right, make  $\frac{3}{4}$  turn to the right transferring weight to left foot as you 'unwind'
- 3&4**            Step back on right foot, step left foot next to right, step forward on right foot
- 5&6**            Step left foot forward, step right next to left, step left foot forward
- 7&8**            Cross right foot behind left, step left foot to left side, step right foot to place

### Section 3: Left Sailor Step, Touch, $\frac{1}{2}$ Turn Right, Triple Step $\frac{1}{2}$ Turn Right, Right Coaster Step

- 1&2**            Cross left foot behind right, step right foot to right side, step left foot to place
- 3-4**            Touch right toe back, make  $\frac{1}{2}$  turn right taking weight onto right foot
- 5&6**            Make  $\frac{1}{2}$  turn right, stepping left, right, left, (weight ends up on L)
- 7&8**            Step back on right foot, step left foot next to right, step forward on right foot

### Section 4: (Optional Arms: - Lasso right arm in anticlockwise direction above head on the diagonal shuffles forward)

## **Diagonal Left Forward Shuffle, Diagonal Right Forward Shuffle, Left Pony Step, Right Pony Step**

- 1&2** Step left foot diagonally forward, step right foot next to left, step left foot diagonally forward
- 3&4** Step right foot diagonally forward, step left foot next to right, step right foot diagonally forward
- 5&6** Step left foot to left side, step ball of right foot beside left as you lift left foot slightly off the floor (on &), step left foot in place
- 7&8** Step right foot to the right side, step ball of left foot beside right as you lift right foot slightly off floor (on &), step right foot in place

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