

Listen Up

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Count: 48

Wall: 4

Level: Intermediate Waltz

Choreographer: Karl Winson (UK)

Music: "Listen Up" by Hoku. Album: "Listen Up"

Intro: 48 Count.....Start on Vocals.....(BPM: 148)

1/2 turn twinkle Left. Basic waltz step back. Cross Side-rock. 1/2 turn twinkle Right.

- 1 - 3** Make 1/4 Left stepping Left forward. Make 1/4 Left stepping Right back. Step Left beside Right.
- 4 - 6** Step back on Right. Step Left beside Right. Step Right in place next to Left.
- 7 - 9** Cross Left over Right. Rock Right out to Right side. Recover weight onto Left.
- 10-12** Cross Right over Left. Make 1/4 Right stepping back on Left. Make 1/4 Right stepping Right to Right side. (12.00)

Step. Kicks X2. Back 1/2 turn-step. Step. Kicks X2. Back 1/4 turn. Cross. (Towards Diagonal)

- 1 - 3** Facing the Right corner (1.30) Step forward on the Left. Small kick with Right forward twice.
- 4 - 6** Step back on Right. 1/2 turn Left stepping Left forward. Step forward on Right.
- 7 - 9** Still Facing the corner (7.30) Step forward on the Left. Small Kick with Right forward twice.
- 10-12** Step back on Right. Make 1/4 Left stepping Left to Left side. Cross Right over Left. (3.00)

Side-Together-Cross. 1/2 turn Left. Side-Together-Cross. 3/4 turn Left.

- 1 - 3** Step Left to Left side. Step Right in place next to Left. Cross Left over Right.
- 4 - 6** Step back on Right making 1/4 Left. Make 1/4 Left stepping Left to Left side. Cross Right over Left.
- 7 - 9** Step Left to Left side. Step Right in place next to Left. Cross Left over Right.
- 10-12** Step back on Right making 1/4 Left. Make 1/2 Left Stepping Left forward. Step forward on Right. (12.00)

Restart here on Wall 3 facing back wall

Cross Point. Hold. Monterey full turn. Point. Left Sailor Step. Right Sailor 1/4 turn.

- 1 - 3** Cross Left over Right. Point Right to Right side. Hold.

- 4 - 6** Step Right in place next to Left making full turn Right. Point Left to Left side.
- 7 - 9** Cross Left behind Right. Step out on Right. Step out on Left.
- 10-12** Cross Right behind Left making 1/4 Right. Step Left beside Right. Step Right forward.

Enjoy!

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