

# Go For It

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**Count:** 64      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Dee Musk (UK) March 2016.

**Music:** 'Up All Night' by Lionel Richie. Album: Coming Home.

**#12 Count Intro - Approx 6 seconds - Track Approx 3 mins 35 secs. BPM 100 (approx).**

**Track available from [iTunes.co.uk](https://www.itunes.co.uk) [deemusk@btinternet.com](mailto:deemusk@btinternet.com) Dee - 07814 295470**

**Out In, Kick Ball Step, Heel Twist, & Right Dorothy, Step ½ Turn Right.**

**1&2&3** Touch R out, touch R in, kick R forward, step R beside L, step forward on L.

**&4** Twist both heels L, twist both heels centre (weight on R).

**&5,6&** Step L beside R, step forward on R, lock L behind R, step forward on R.

**7,8** Step forward on L, make a ½ turn R (weight forward on R). (6 o'clock).

**¼ Cross Right, ¾ Turn Right, ¼ Cross Right, Out Out Cross, ½ Turn Left Point.**

**&1** Make a ¼ turn R stepping L to L side, cross R over L.

**2,3** Make a ¼ turn R stepping back on L, make a ½ turn R stepping forward on R.

**&4** Make a ¼ turn R stepping L to L side, cross R over L. (facing 9 o'clock).

**&5,6** Step L out, step R out, cross L over R.

**7&8** Make a ¼ turn L stepping back on R, make a ¼ turn L stepping L to L side, point R to R side. (3 o'clock).

**Step Side, Back Rock Side Cross, ¼ Turn Left, Step Heel Bounce, Step Heel Bounce.**

**&1** Step R beside L, step L to L side.

**2&3&** Cross rock R behind L, recover weight to L, step R to R side, cross L over R.

**4** Make a ¼ turn L stepping back on R.

**5&6** Step back on L, lift both heels, lower both heels placing weight on L.

**7&8** Step back on R, lift both heels, lower both heels placing weight on R.

**(Optional: Add shoulder shrugs for extra expression with the heels bounces ). (12 o'clock).**

**Step Right Dorothy, Step Left Dorothy, Step ½ Pivot Left, Out, Out, In, In.**

**&1,2&** Step L beside R, step forward on R, lock L behind R, step forward on R.

- 3,4& Step forward on L, lock R behind L, step forward on L.  
5,6 Step forward on R, make a ½ pivot turn L.  
7&8& Step out R, step out L, step in R, step in L. (6 o'clock).

**\*\*Restart here during wall one. Begin again facing 6 o'clock wall.**

**Press Sweep, Sailor Step, Tap Side Cross, Rock & Cross.**

- 1,2 Press R forward, recover sweeping R to behind L.  
3&4 Cross step R behind L, step L in place, step R in place.  
&5,6 Tap L beside R, step L to L side, cross R over L.  
7&8 Rock L to L side, recover weight to R, cross L over R. (6 o'clock).

**Step Cross, ½ Turn Right Cross, Point & Side Together, Cross, Sway L, R, Together, ¼ Turn Right.**

- &1,2 Step R to R side, cross L over R, make a ½ turn R crossing R over L.  
3&4& Point L to L side, step L beside R, step R to R side, step L beside R.  
5-7 Cross R over L, sway L, sway R.  
&8 Step L beside R, make a ¼ turn R stepping forward on R. (3 o'clock).

**Full Spiral Turn R, Step, Rock Recover &, Step ¾ Turn Left, Side Rock Step.**

- 1,2 Step forward on L and unwind a full turn R hooking R in front of L, step down on R.  
3,4& Rock forward on L, recover weight to R, step L beside R.  
5,6 Step forward on R, unwind a ¾ turn L.  
7,8& Rock R to R side, recover weight to L, step R beside L. (6 o'clock).

**Side Rock &, Side, Cross, Back Side Cross, Out In, Kick Step.**

- 1,2& Rock L to L side, recover weight to R, step L beside R.  
3,4 Step R to R side, cross L over R.  
5&6 Step back on R, step L to L side, cross R over L.  
7&8& Touch L out, touch L in, kick L forward, step L beside R. (6 o'clock).

**Ta Dah - Hope you enjoy**