My Upbringing

Count: 32	**Wand:** 4	**Ebene:** High Beginner / Improver

Choreograf/in: Beverly Thompson (USA) - June 2025

Musik: Upbringing - Noah Thompson

Intro: 32 count, begins 3 beats before lyrics, approximately 16 seconds in. 140 BPM 3:07

**2 restarts Wall 3 & Wall 6

R = Right, L = Left

(1-8) SUGARFOOTS

1	Touch R toe beside L toe (R knee slightly bent and pointing inward, heel is raised)
2	Touch R heel beside L toe (R toe and knee are pointing out)
3&4	Step R foot next to L, Step L foot next to R, Step R foot next to L
5	Touch L toe beside R toe (L knee slightly bent and pointing inward, heel is raised)
6	Touch L heel beside R toe (L toe and knee are pointing out)
7&8	Step L foot next to R, Step R foot next to L, Step L foot next to R

(9-16) TOE STRUTS, ½ MONTEREY TURN

1,2	Step back on R toe, Lower R heel to floor
3,4	Step back on L toe, lower L heel to floor
5,6	Point R toe to R side. Turn ½ R (to 6:00) stepping R beside L
7,8	Point L to L side. Step L beside R.

** (Restart here on 3rd wall facing 6:00, dance 16 counts and restart facing 12:00
** (Restart here on 6th wall facing 6:00, dance 16 counts and restart facing 12:00

(17-24) 2X VAUDEVILLES

1,2	Cross R over L, step L to L
3,4	Touch R heel forward to R diagonal, close R to L
5,6	Cross L over R, step R to R
7,8	Touch L heel forward to L diagonal, close L to R

(25-32) ANGLE STEP WITH BOUNCES, ¼ TURN, HIP SWAY

1,2	Step R diagonally forward R (to 7:30), step L next to R,
3,4	Bounce both heels twice
5,6	Step L to L with ¼ turn L to 3:00, step R next to L
7,8	Sway hips to R then L

To end the dance, you will begin facing 6:00; dance thru 28 counts, step L ¼ turn to R 12:00 (29), Step R next to L (30), hip sways (31-32). TaDa

Begin Again! Have Fun – because if it's not fun, it's not dancing.

Last Update: 2 Jul 2025