

# Word Up

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Crazy Chris (UK)

Musik: Word Up! - Cameo



## **KICK HITCH, & TOUCH, TOUCH FLICK, BUMP & BUMP, BUMP & ¼ TURN**

- 1-2 Kick right to right side, hitch right knee across left  
&3&4 Step right beside left, point left forward, point left to left side, flick left behind right knee slapping hand on foot  
5&6 Step back on left bumping hips back, bump hips forward, bump hips back  
7&8 Bump hips forward, bump hips back, bump hips forward turning ¼ turn left

## **BEHIND & IN FRONT, ROCK & CROSS, ROCK RECOVER, SAILOR ½ TURN CROSS**

- 1&2 Step left behind right, step right to right side, step left across right  
3&4 Rock right to right side, recover onto left, cross right over left  
5-6 Rock left to left side, recover onto right  
7&8 Step left behind right, turn ½ turn over left shoulder stepping right to right side, cross left over right

## **STEP CROSS, ROCK RECOVER, CROSS SHUFFLE, BUMP & BUMP, ¼ TURN BUMP & BUMP**

- 1-2 Step right to right side, cross left over right  
3&4 Rock right to right side, recover onto left, cross right over left  
5&6 Step left to left side bumping hips left, bump hips right, bump hips left  
7&8 ¼ turn right stepping right to right side bumping hips right, bump hips left, bump hips right

## **¼ TURN BUMP & BUMP, ROCK RECOVER ¼ TURN, STEP ½ TURN STEP, STEP ¾ TURN**

- 1&2 ¼ turn right stepping left to left side bumping hips left, bump hips right, bump hips left  
3&4 Rock right diagonally back, recover onto left, ¼ turn right stepping forward right  
5&6 Step forward left, ½ turn over right shoulder stepping forward onto right, step forward onto left  
7-8 Step forward onto right, ¾ turn over left shoulder taking weight onto left

**REPEAT**

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