

W-O-R-D Up!

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

Choreographer: Trish Arena, Charters Towers, Qld, Australia – October 2017

Music: "Word Up" by The BossHoss. Album: "God Loves Cowboys" - iTunes



START: Feet together, weight Left

INTRO: 24 Counts (begin on vocals) **TIME:** 3:35 **BPM:** 120

SIDE, ROCK, SAILOR, SAILOR, CROSS BEHIND, UNWIND FULL R

- 1, 2 Step R to right side, rock/replace weight L
- 3 & 4 Sailor: Step R behind L, step L side left, rock/replace weight R
- 5 & 6 Sailor: Step L behind R, step R side right, rock/replace weight L
- 7, 8 Cross/step R behind L, unwind 360° right, keeping weight on R 12:00

SIDE, ROCK, COASTER, SHUFFLE FWD, FULL R

- 9, 10 Step L to left side, rock/replace weight R
- 11 & 12 Coaster: Step L back, step R beside L, step L forward
- 13 & 14 Shuffle fwd R-L-R
- 15, 16 Full turn right over right shoulder stepping L, R 12:00

FWD, ROCK, & BACK, BACK, BACK, ROCK, KICK-BALL-CROSS

- 17, 18 Step L forward, rock/replace weight R
- & 19, 20 Step L beside right, step R back, step L back
- 21, 22 Step R back, rock/replace weight L
- 23 & 24 ++ Kick R forward, step down onto R, step L across R 12:00

½ L, CROSS-SHUFFLE, SIDE, ROCK, CROSS-SHUFFLE

- 25, 26 Turn 90° left stepping R back, turn 90° left stepping L to side
- 27 & 28 Cross-shuffle R over L
- 29, 30 Step L to left side, rock/replace weight R
- 31 & 32 Cross shuffle L over R 6:00

SIDE, ROCK, ROCK, ¼ L, FWD, ¾ L, SIDE SHUFFLE

- 33, 34 Step R to right side waving hands upwards to right, rock/replace weight L waving hands upwards to left
- 35, 36 Rock/replace weight R waving hands upwards to right, rock/replace weight L turning 90° left (bring hands down)
- 37, 38 Step R forward, turn 270° on R hooking L to front of right
- 39 & 40 Shuffle to side L-R-L 6:00

CROSS-ROCK, SIDE-ROCK, CROSS-ROCK, ¼ R, ½ R, COASTER

- 41 & 42 & Cross R over L, rock/replace weight L, step R to side, rock/replace weight L
- 43 & 44 ** Cross R over L, rock/replace weight L, turn 90° right and step R forward
- 45, 46 Step L forward, turn 180° keeping weight L
- 47 & 48 Coaster: Step R back, step L beside R, step R forward 3:00

SIDE-ROCK-CROSS (X 2), SIDE, ROCK, BACK-TOG-CROSS ¼ L

- 49 & 50 Step L to left side, rock/replace weight R, step L across R
- 51 & 52 Step R to right side, rock/replace weight L, step R across L
- 53, 54 Step L to left side, rock/replace weight R

55 & 56 Step L back, step R beside R, turning 90° L step L across right 12:00

SIDE-ROCK-CROSS (X 2), ½ PIVOT, FWD, ROCK

57 & 58 Step R to right side, rock/replace weight L, step R across L

59 & 60 Step L to left side, rock/replace weight R, step L across R

61, 62 Step R forward, pivot 180° left taking weight L

63, 64 Step R forward, rock/replace weight L 6:00

**** RESTART: After dancing 44 counts on Wall 5 (instrumental) you will be facing 9:00. Modify counts 45 to 48 as follows, and restart the dance to the back wall:**

1, 2 Step L forward, turn 270° keeping weight L

3, 4 Step back on R, rock/recover weight L

++ FINISH: Dance finishes to front on Count 24.

Contact: patarena@bigpond.com