

Pull Up

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Winnie Yu (CAN) - May 2004

Music: Pull Up - Mr. Vegas : (2:39)



Intro: 32 counts

*****Section 1 and 4 – Use the movement and style of The Native Dance.**

The peculiar feature of the native dancing is the absence of violent motion; there are no jumping or elaborate pirouettes, no extravagant contortions, and nothing that might be called a precision of step.

The lower limbs play a part of secondary importance to the arms and the dancers indulge in no dizzy gyrations. The feet and hands are kept moving in unison with the slow, monotonous music.

Sec. 1: STOMP UP RIGHT, (STEP, ¼ TURN, STOMP UP LEFT, STEP) - 2X

- 1-2 Stomp right to right (no weight), step in place
- 3-4 Make a ¼ turn left (9:00) and stomp left to left (no weight), step in place
- 5-6 Make a ¼ turn left (6:00) and stomp right to right (no weight), step in place
- 7-8 Make a ¼ turn left (3:00) and stomp left to left (no weight), step in place

Sec. 2: STEP TO RIGHT, HOLD , LEFT TOGETHER, HOLD - 2X

- 1-2 Step right to right side, hold
(Body movement for count 1 - 2: Thrust pelvis back, forward x 4, push R-L arms forward or out freely according to your feeling)
- 3-4 Step left beside right, hold
(Body movement for count 3 - 4: Thrust pelvis back, forward x 4, push R-L arms forward or out freely according to your feeling)
- 5-6 Repeat count 1 & 2
- 7-8 Repeat count 3 & 4

Sec. 3: FWD ROCK, RECOVER, BACK ROCK, RECOVER, 1/2L BACK, BACK ROCK, RECOVER, 1/2R BACK , STEP DIAGONAL BACK RIGHT LEFT

- 1-2 Rock forward on right, recover weight onto left
- 3&4 Rock backward on right, (&) recover and make a ½ turn left stepping back onto right (9:00)
- 5&6 Rock backward on left, (&) recover and make a ½ turn right stepping back onto left (3:00)
- 7-8 Step back diagonally on right, step back diagonally on left

Sec.4: STOMP R-L OUT OUT X2, STOMP R-L IN IN X2, STOMP R-L OUT OUT X2, STOMP R-L IN IN

- 1&2& Stomp right left out, stomp right left out
- 3&4& Stomp right left in, stomp right left in
- 5&6& Stomp right left out, stomp right left out
- 7-8 Stomp right in, stomp left in (3:00)

****Start Again and Have Fun****

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(Revised April 18, 2013)