

Elbows Up

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Cindi Phalen (CAN) - May 2025

Music: Elbows up Canada - Adam Mitton



V-step with a Triple Step in Place

1,2,3&4 RF Out, LF Out, RLR
5,6,7&8 LF OUT, RF OUT, LRL

R Vine Triple in place, L Vine , Triple in place 1/4 turn L

1,2,3&4 R Side, Behind, RLR
5,6,7&8 L Side, Behind ,w 1/4turn L , LRL

R Fwd Point, Side, Triple in Place L FWD Point, Side, Triple in Place

1,2,3&4 Point RF FWD, Side , RLR
5,6,7&7 Point LF FWD, Side, LRL

R Vine Triple in Place, L Vine , Triple in Place 1/4 turn L

1,2,3&4 R Side, Behind, RLR
5,6,7&8 L Side, Behind ,1/4 turn L , LRL

TAG: WALL 9 FACING 12:00 — 1-4 V STEP, 5-8 V STEP, 9-12 SIDE TOUCH, SIDE TOUCH then restart the dance

ON THE WORD ELBOWS UP -DO ELBOWS UP, BEGINNING WALL 5,7,13,15,17,19

DO STRONG ARMS (MUSCLES) ON WORD - CANADA STRONG WALL 11,19

CONTACT : CLD20190@GMAIL.COM

Last Update - 20 May. 2025 - R1
