

Take Me Up

Count: 32

Wall: 2

Level: Beginner

Choreographer: Lorraine Susan Taylor (UK)

Music: Spirit In the Sky - Norman Greenbaum



SYNCOPATED GRAPEVINE, STEP TAP, HIP BUMPS

- 1-2 Step right foot to right, cross left foot behind right foot
- &3 Step right foot to right, cross left foot over right foot
- 4 Tap right toe to right
- 5-6 Cross right foot over left foot, tap left toe to left
- 7&8 Bump hips left, right, left taking weight onto left foot, count 8

TWIST TURN, HEEL BOUNCES, STOMP & TWIST

- 9-10 Cross right foot over left foot, turn $\frac{1}{2}$ to left, (weight on both feet)
- &11 Lift both heels, put heels down
- &12 Lift both heels, put heels down
- 13-14 Stomp right foot forward, stomp left foot small step to left
- 15-16 Twist heels to left, twist heels to right

Applejacks may be danced in place of twists

SHUFFLE, PIVOT TWICE

- 17& Step right foot to right, close left foot to right foot
- 18 Step right foot to right, turning $\frac{1}{4}$ to right
- 19-20 Step left foot forward, pivot $\frac{1}{2}$ turn to right, weight on right foot
- 21&22 Step left foot forward, close right foot to left foot, step left foot forward
- 23-24 Step right foot forward, pivot $\frac{1}{4}$ turn to left, weight on left foot

KICK BALL CHANGE, PIVOT, STOMP, KICK, COASTER STEP

- 25&26 Kick right foot forward, step ball of right foot to left foot, replace weight onto left foot
- 27-28 Step right foot forward, pivot $\frac{1}{2}$ turn to left, (weight on left foot)
- 29-30 Stomp right foot to left foot, kick left foot forward
- 31&32 Step left foot back, close right foot to left foot, step left foot forward

REPEAT
