Count: 32 Wall: 4 Level: Improver

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Choreographer: Nancy Morgan (USA)
Music: Up! - Shania Twain
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Start as soon as you hear the hard beat after the break in the music
HOP FORWARD, DROP DOWN AND UP, REPEAT, ROCK FORWARD, COASTER STEP
\&1\&2 Hop forward: right, left, drop down slightly
\&3\&4 Hop forward: right, left, drop down slightly
5-6 Rock forward on left and back on right
$7 \& 8 \quad$ Coaster step - step back on left, back on right, forward on left

CROSS, STEP, SAILOR SHUFFLE, CROSS, STEP, SIDE SHUFFLE $1 / 4$ TURN
1-2 Cross right over left, step left to left side
$3 \& 4 \quad$ Sailor shuffle - step right behind left, step left to left side, step right foot to right side
5-6 Cross left over right, step right to right side
$7 \& 8 \quad$ Turning a $1 / 4$ turn to your left, side shuffle - left, right, left

## SHUFFLE FORWARD ¼ TURN, TWO WALKS FORWARD, ROCK FORWARD AND BACK AND FORWARD AND BACK <br> $1 \& 2 \quad$ Shuffle forward $1 / 4$ turn to your left - right, left, right <br> 3-4 Walk forward - left, right <br> 5\&6\&7\&8 Rock forward on right and back on left and forward on right and back on left

## BACK COASTER STEP, $1 / 4$ TURN MAMBO, STOMP, HOLD FOR 3 COUNTS

$1 \& 2 \quad$ Back coaster step - step back on right, back on left, step forward on right
$3 \& 4 \quad 1 / 4$ turn right mambo - step right foot forward, turn $1 / 4$ turn right as you step on your left, step left next to your right
5-6-7-8 Stomp right foot forward keeping weight on left, hold for 3 counts (or tap heel 3 times.)
REPEAT

RESTART
On 2nd and 4th walls drop the last 4 counts

