Up In Smoke



Count: 32 Wall: 4 Level: Intermediate

Choreographer: Sadiah Heggernes (NOR/UK) - September 2009

Music: Dame Fuego - Batuka : (CD: Cardiofit)



Music Suggestion: 'But For The Grace of God', Keith Urban (104 bpm)

32 Count Intro - start on main vocals

Section 1: Bump & Touch, Together, Lock Step, Side, Close, 1/4 Turn Shuffle Forward

1&2 Touch right toes to side bumping hips right-left-right

3 Step right beside left

4&5 Step forward on left. Lock right behind left. Step forward on left

6& Small step on right to side. Close left beside right

7&8 ½ turn right step forward right. Close left beside right. Step forward right 3:00

Section 2: Mambo 1/4 Turn, Side, Cross Shuffle, Touch, Kick Ball Point

1&2 Rock forward on left. Recover weight onto right. Step back on left

3 ½ turn right step right to side 6:00

4&5 Cross left over right. Step right to side. Cross left over right

6 Touch right to side

7&8 Kick right forward. Step left beside right. Point left to side

Section 3: Sailor Sweep ½ turn with cross, Side, Coaster Step, Step, Full Turn,

1&2 ½ turn left sweeping left out & behind right. Step right to side. Cross left over right 12:00

3 Step right to side

4&5 Step back on left. Step right beside left. Step forward on left

6 Step forward on right

7-8 ½ turn right step back on left. ½ turn right step forward right

Option: Replace steps 7-8 with walks forward left-right

Section 4: Mambo 1/4 Turn, Together, Rumba Box, Step

1&2 Rock forward on left. Rock back on right making ¼ turn left step left to side 9:00

3 Step right beside left

Step left to side. Close right beside left. Step forward on left Step right to side. Close left beside right. Step back on right

8 Step back on left

Ending. You will start last wall at 3:00. Dance first 16 counts then ¼ turn right, Step left to side (12:00) & throw arms in the air!