

# W-O-R-D Up!

**Count:** 64      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Trish Arena, Charters Towers, Qld, Australia – October 2017

**Music:** "Word Up" by The BossHoss. Album: "God Loves Cowboys" - iTunes



**START:** Feet together, weight Left

**INTRO:** 24 Counts (begin on vocals) **TIME:** 3:35 **BPM:** 120

## **SIDE, ROCK, SAILOR, SAILOR, CROSS BEHIND, UNWIND FULL R**

- 1, 2                      Step R to right side, rock/replace weight L
- 3 & 4                    Sailor: Step R behind L, step L side left, rock/replace weight R
- 5 & 6                    Sailor: Step L behind R, step R side right, rock/replace weight L
- 7, 8                      Cross/step R behind L, unwind 360° right, keeping weight on R 12:00

## **SIDE, ROCK, COASTER, SHUFFLE FWD, FULL R**

- 9, 10                    Step L to left side, rock/replace weight R
- 11 & 12                  Coaster: Step L back, step R beside L, step L forward
- 13 & 14                  Shuffle fwd R-L-R
- 15, 16                  Full turn right over right shoulder stepping L, R 12:00

## **FWD, ROCK, & BACK, BACK, BACK, ROCK, KICK-BALL-CROSS**

- 17, 18                    Step L forward, rock/replace weight R
- & 19, 20                  Step L beside right, step R back, step L back
- 21, 22                    Step R back, rock/replace weight L
- 23 & 24                  ++ Kick R forward, step down onto R, step L across R 12:00

## **½ L, CROSS-SHUFFLE, SIDE, ROCK, CROSS-SHUFFLE**

- 25, 26                    Turn 90° left stepping R back, turn 90° left stepping L to side
- 27 & 28                    Cross-shuffle R over L
- 29, 30                    Step L to left side, rock/replace weight R
- 31 & 32                    Cross shuffle L over R 6:00

## **SIDE, ROCK, ROCK, ¼ L, FWD, ¾ L, SIDE SHUFFLE**

- 33, 34                    Step R to right side waving hands upwards to right, rock/replace weight L waving hands upwards to left
- 35, 36                    Rock/replace weight R waving hands upwards to right, rock/replace weight L turning 90° left (bring hands down)
- 37, 38                    Step R forward, turn 270° on R hooking L to front of right
- 39 & 40                    Shuffle to side L-R-L 6:00

## **CROSS-ROCK, SIDE-ROCK, CROSS-ROCK, ¼ R, ½ R, COASTER**

- 41 & 42 &                  Cross R over L, rock/replace weight L, step R to side, rock/replace weight L
- 43 & 44                    \*\* Cross R over L, rock/replace weight L, turn 90° right and step R forward
- 45, 46                    Step L forward, turn 180° keeping weight L
- 47 & 48                    Coaster: Step R back, step L beside R, step R forward 3:00

## **SIDE-ROCK-CROSS (X 2), SIDE, ROCK, BACK-TOG-CROSS ¼ L**

- 49 & 50                    Step L to left side, rock/replace weight R, step L across R
- 51 & 52                    Step R to right side, rock/replace weight L, step R across L
- 53, 54                    Step L to left side, rock/replace weight R

55 & 56                      Step L back, step R beside R, turning 90° L step L across right 12:00

**SIDE-ROCK-CROSS (X 2), ½ PIVOT, FWD, ROCK**

57 & 58                      Step R to right side, rock/replace weight L, step R across L

59 & 60                      Step L to left side, rock/replace weight R, step L across R

61, 62                      Step R forward, pivot 180° left taking weight L

63, 64                      Step R forward, rock/replace weight L 6:00

**\*\* RESTART: After dancing 44 counts on Wall 5 (instrumental) you will be facing 9:00. Modify counts 45 to 48 as follows, and restart the dance to the back wall:**

1, 2                      Step L forward, turn 270° keeping weight L

3, 4                      Step back on R, rock/recover weight L

**++ FINISH: Dance finishes to front on Count 24.**

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