Pour One Up!

Compte: 64

Niveau: Phrased Advanced

Chorégraphe: Jannie Tofte Stoian (DK) - October 2015

Musique: Funeral - Lukas Graham : (iTunes)

Phrasing:□A,B, C, TAG, A, B, C, C, B, B, B, Ending Intro:□16 counts from piano really starts (app. 34 seconds into song) Note:□See bottom for details on transitions between sections, tag and ending.	
A SECTION (1 wall – always starts facing 12:00) 32 COUNTS	
	$ m ^{\prime}$ L, 1 $ m ^{\prime}$ L sweep, Behind side cross, Sway x2, Sailor step, Behind $ m ^{\prime}$ R step \Box
1-2	Step R fw, turn $\frac{1}{2}$ L stepping onto L (don't turn too much as you will continue turning) \Box 12:00
&a3	Turn $\frac{1}{2}$ L stepping R back, turn $\frac{1}{2}$ L stepping L fw, turn $\frac{1}{2}$ L stepping R back sweeping L from front to back 12:00
4&a	Cross L behind R, step R to R side, cross L over R \Box 12:00
5-6	Sway R, sway L 🗆 12:00
7&a	Cross R behind L, step L to L side, step R to R side \Box 12:00
8&a	Cross L behind R, turn $\frac{1}{4}$ R stepping R fw, step L fw \Box 03:00
A[9-16]□Step, Step ½ R step, Step sweep, Cross back, ¼ L Swayx3, Coaster step□	
1	Step R fw□ 03:00
2&a	Step L fw, turn $\frac{1}{2}$ R stepping onto R, step L fw \Box 09:00
3	Step R fw, sweeping L from back to front \Box 09:00
4a	Cross L over R, step R back□ 09:00
5-7	Turn ½ L stepping L to L side and swaying, sway R, sway L \Box 06:00
8&a	Step R back, step L next to R, step R fw□ 06:00
A[17-24]□Step sweep, Weave, ¼ L, Full spiral, Step step ½ L, Twinkle x2□	
1	Step L fw, sweeping R from back to front \Box 06:00
2&a	Cross R over L, step L to L side, cross R behind L \Box 06:00
3	Turn ¼ L stepping L fw 03:00
4	Cross R over L, full turn L ending with weight on R and L hooked in front \Box 03:00
5a6	Step L fw, step R fw, turn $\frac{1}{2}$ L stepping onto L \Box 09:00
7&a	Cross R over L, step L to L side, step R to R side (facing slightly diagonal R) \Box 10:30
8&a	Cross L over R, step R to R side, step L to L side (facing slightly diagonal L) \Box 07:30
A[25-32]□Step sweep, Jazz box, Step slide, Chasse ¼ L, Sway x3, Together cross ¼ L□	
1	Step R fw (still keeping the diagonal) while sweeping L from back to front □ 07:30
2&a	Cross L over over R, step R to R side, step L back□ 07:30
3	Step R a big step back while sliding L toward R \Box 07:30
4a	Turn ⅓ L squaring up stepping L to L side, step R next L□ 06:00
5-7	Step L to L side and swaying, sway R, sway L□ 06:00
8&a	Close R next to L, cross L over R, turn ¼ L stepping R back□ 03:00
B SECTION (2 walls) 16 COUNTS B[1-8]□½ L sweep, Cross ¼¼ R, Rock step, Figure 4½ L, Twinkle, Rock coaster□	
1	Turn $\frac{1}{2}$ L stepping L fw, sweeping R from back to front \Box 09:00
2&a	Cross R over L, turn ¼ R stepping L back, turn ¼ R stepping R fw (think jazz box ½ turn) 03:00
3-4	Rock L fw, recover onto R (prepping body R) \Box 03:00
5	Step L fw while R foot goes to L shin, turn $\frac{1}{2}$ L on L foot \Box 09:00
6&a	Cross R over L, step L to L side, step R to R side (facing slightly diagonal R) \Box 10:30



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7-8&a Rock L fw, recover onto R, step L next to R, step R fw□ 10:30

B[9-16] Step sweep, Weave, Side rock ¼ L, Together cross, Side sailor step, Cross rock

- Step L fw, sweeping R from back to front (squaring up to 9:00 wall) \Box 09:00
- 2&a Cross R over L, step L to L side, cross R behind L□ 09:00
- 3-4&a Rock L to L side, recover onto R while turn ¼ L, step L next to R, cross R over L□ 06:00
- 5 Step L to L side 06:00

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- 6&a Cross R behind L, step L to L side, step R to R side□ 06:00
- 7-8a Cross rock L over R, recover onto R, step L back□ 07:30

C SECTION (1 wall - always starts facing 7:30) 16 COUNTS

C[1-8] Step sweep x3, Coaster step, Walk x2, Basic ½ L x2

1-3 Step R back sweeping L from front to back, repeat with L, repeat with R□ 07:30
4&a Step L back, step R next to L, step L fw□ 07:30
5-6 Walk fw R, walk fw L (prepping body R)□ 07:30
7&a Turn ¼ L stepping R to side, step L next to R, turn ¼ L stepping R back□ 01:30
8&a Turn ¼ L stepping L to side, step R next to L, turn ¼ L stepping L fw□ 07:30

C[9-16] 1/2 L sweep, Step sweep x2, Coaster step, Walk x2, Basic 1/2 L x2

- 1 Turn ½ L stepping R back, sweeping L from front to back□ 01:30
- 2-3 Step L back sweeping R from front to back, repeat with R□ 01:30
- 4&a Step L back, step R next to L, step L fw□ 01:30
- 5-6 Walk fw R, walk fw L (prepping body R)□ 01:30
- 7&a Turn ¼ L stepping R to side, step L next to R, turn ¼ L stepping R back 07:30
- 8&a Turn ¼ L stepping L to side, step R next to L, turn ¼ L stepping L fw 01:30

Tag – appears only once after your first C facing 01:30

Counts Footwork End facing

[1-8] Cross rock ¼ R - Cross rock side x2, Cross rock ¼ R, Mambo step, Step slide, Coaster step

- 1&a Cross rock R over L, recover onto L, turn $\frac{1}{4}$ R stepping R to R side 04:30
- 2&a Cross rock L over R, recover onto R, step L to L side□ 04:30
- 3&a Cross rock R over L, recover onto L, turn ¼ R stepping R to R side 07:30
- 4&a Cross rock L over R, recover onto R, step L to L side □ 07:30
- 5&a Cross rock R over L, recover onto L, turn ¼ R stepping R to R side 10:30
- 6&a Rock L fw, recover onto R, step L back□ 10:30
- 7 Step R big step back sliding L toward R□ 10:30
- 8&a Turning ¼ R step L back, step R next to L, step L fw□ 12:00

Transitions:

From C to C:

Start C the same you start the second section of C – by turning $\frac{1}{2}$ L stepping R back and sweeping L From C to B:

You end C facing 01:30. Sweep R around % L to face 09:00 on count 1. Continue the dance normally from count 2

From B to B (this is where it becomes a 2 wall dance):

Dance B up to count 15 – then do

- 8&a Recover onto R, step L back, step R back

 07:30
- 1 Turn ³/₈ L stepping L fw sweeping R from back to front (continue normally from here)□ 03:00

Ending: Finish the last B normally - then do

- 1-3 Step R back sweeping L from front to back, repeat with L, repeat with R□ 07:30
- 4a5 Cross L behind R, turn ¼ L stepping R back, turn ¼ L stepping L fw sweeping R from back to front□ 01:30
- 6-7 Step R fw sweeping L from back to front, repeat with L□ 01:30

8&a1 Square up to 12:00 crossing R over L, step L to L side, cross R behind L, step L to L side 12:00

Good luck & enjoy! (sorry – it is actually not as difficult as stepsheet might indicate)

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