

# Grow Up!!

**COPPER** KNOB  
STEPSHEETS

**Compte:** 48

**Mur:** 4

**Niveau:** Easy Intermediate

**Chorégraphe:** Roy Verdonk (NL), Sebastiaan Holtland (NL) & José Miguel Belloque Vane (NL) -  
October 2016

**Musique:** Grow Up - Olly Murs : (iTunes & other mp3 sites)



**Introduction:** 16 counts after the vocals, start on approx. 11 sec. No Tags Or Restarts.

## **Part I. [1-8] Side, Sailor Step, Cross, Side, Touch Together, Point, ¼ Sailor Turn R.**

- 1,2&3 Step R to R, Step L behind R, Step R to R, Step L to L.
- 4 Step R across L.
- 5&6 Step L to L, Touch R beside L, Point R out to R.
- 7&8 Step R behind L, Making ¼ turn R (3) and step L to L, Step R forward.

## **[Part II]. [9-16] Cross Mambo Step with ¼ Turn L, Small Side Lunge L, Full Rolling Vine R, Syncopated Rock Steps in place (Diag), Recover, Side Rock & Cross.**

- 1&2 Step L across R, Recover back onto R, Making ¼ turn L (12) and lunge L small to L.
- 3&4 Making ¼ turn R (3) step R forward, Making ½ turn R (9) step L back, Making ¼ turn R (12) step R to R.
- 5&6& Step L slightly to R diagonal, Recover back onto R, Recover back onto L, Recover back onto R.
- 7&8& Recover back onto L, Squaring up at (12:00) step R to R, Recover back onto L, Step R across L.

## **Part III. [17-24] Side, Cross, ¼ Turn R, Back, Side, Cross, Out, Out, Chasse R.**

- 1-2 Step L to L, Step R across L.
- 3&4 Making ¼ turn R (3) step L back, Step R to R, Step L across R.
- 5-6 Step R out to R, Step L out to L (optional: hip moves).
- 7&8 Step R to R, Step L beside R, Step R to R.

## **PART IV. [25-32] Press, Sweep L with ¼ Turn L, Sailor Step L, Syncopated Lock Steps Fwd, Side Rock / Recover.**

- 1-2 Press L forward, Making ¼ turn L (12) recover back onto R and sweep L from front to Back.
- 3&4 Step L behind L, Step R to R, Step L forward.
- 5&6& Lock R behind L, Step L forward, Lock R behind L, Step L forward
- 7&8& Lock R behind L, Step L forward, Step R to R, Recover back onto L.

## **Part V. [33-40] Cross, Side, Sailor Step R, Cross, ¼ Turn L, Back, ½ Turn L, Fwd, ½ Turn L, Back, ¼ Turn L, Side.**

- 1-2 Step R across L, Step L to L.
- 3&4 Step R behind L, Step L to L, Step R to R.
- 5-6 Cross L across R, Making ¼ turn L (9) step R back.
- 7&8 Making ½ turn L (3) step L forward, Making ½ turn L (9) step R back, Making ½ turn L (6) step L to L.

## **Part VI. [41-48] Cross, Side, Sailor Step R, Syncopated Weave R with ¼ Turn R, Side Rock / Recover, Cross.**

- 1-2 Step R across L, Step L to L.
- 3&4 Step R behind L, Step L to L, Step R to R.
- 5&6& Step L across R, Step R to R, Step L behind R, Making ¼ turn R (9) Step R slightly forward.
- 7&8 Step L to L, Recover back onto R, Step L across R.

**REPEAT DANCE AND HAVE FUN!!**

Dance Edit, email: [royverdonkdancers@gmail.com](mailto:royverdonkdancers@gmail.com), [smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com), [jose\\_nl@hotmail.com](mailto:jose_nl@hotmail.com)

---