Compte: 64 Mur: 2 Niveau: Advanced
Chorégraphe: Debbie Mabbs (UK) \& Lorraine Monahan (UK) - November 2022
Musique: Up and Try - DJ Mayson

- Intro: 32 counts (approx. 15 secs) - Start on vocals


## S1 [1-8] Full Turn R, Back R, Touch L, L Dorothy, R Dorothy

$1,2 \quad$ Make $1 / 2$ turn $R$ stepping forward on $R$, make a $1 / 2$ turn $R$ stepping back on $L$
3,4 Step back on $R$, touch $L$ in front of $R$
5,6\& Step $L$ to $L$ diagonal, cross lock $R$ behind $L$, step $L$ to $L$ diagonal
$7,8 \& \quad$ Step $R$ to $R$ diagonal, cross lock $L$ behind $R$, step $R$ to $R$ diagonal
S2 [9-16] Rock Fwd L, Recover R, Triple Full Turn L, Rock Fwd R, Recover L, R Pony Steps Back
1,2 Rock forward on $L$, recover on $R$
3\&4 Make a full triple turn $L$ on the spot stepping $L, R, L$
(non-turning option: L coaster step)
$5,6 \quad$ Rock forward on $R$, recover on $L$
7\&8 Step back on $R$ while popping $L$ knee up, step $L$ next to $R$, step back on $R$ while popping $L$ knee up (keep steps small)
(alternative: R shuffle back)
S3 [17-24] L Pony Steps Back, Switches, Body Roll, Step L, $1 / 4$ R, $1 / 4$ R
1\&2 Step back on $L$ while popping $R$ knee up, step $R$ next to $L$, step back on $L$ while popping $R$ knee up (keep steps small)
(alternative: L shuffle back)
3\&4 Touch $R$ to $R$ side, step $R$ next to $L$, touch $L$ to $L$ side
\&5,6 Step $L$ next to $R$, touch $R$ to $R$ side, body roll to $R$ side transferring weight to $R$
\&7,8 Step $L$ next to $R$, make $1 / 4$ turn $R$ stepping forward on $R$, make $1 / 4$ turn $R$ stepping $L$ to $L$ side 6.00

S4 [25-32] R Sailor, L Behind, Step R $1 / 4$ R, Step L, Cross R, Unwind Full Turn, Bend Knees, Straighten Up 1\&2 Step $R$ behind $L$, step $L$ to $L$ side, step $R$ to $R$ side
$3 \& 4 \quad$ Step $L$ behind $R$, make $1 / 4$ turn $R$ stepping forward on $R$, step forward on $L-9.00$
5,6 Cross step $R$ over $L$, unwind full turn $L$ (weight on both feet)
7,8 Bend both knees, gradually straighten up making a gentle snake roll (weight on L )
RESTART: During WALL 3 dance up to and including count 32 then RESTART.
This will temporarily turn the dance to the 3 o'clock and 9 o'clock walls.
S5 [33-40] R Out, L Out, R In, L In, Touch R Out In Out, R Behind $1 / 4$ Step, $1 / 2$ Turn Shuffle R
1\& Small step on $R$ out to $R$ side, small step on $L$ out to $L$ side
2\& Bring $R$ back in to place, bring $L$ back in next to $R$
3\&4 Touch $R$ out to $R$ side, touch $R$ next to $L$, touch $R$ out to $R$ side
5\&6 Step $R$ behind $L$, step $L$ to $L$ side, step forward on $R$
7\&8 Make $1 / 4$ turn $R$ stepping $L$ to $L$ side, cross step $R$ over $L$, make $1 / 4$ turn $R$ stepping back on $L$ 3.00

S6 [41-48] $1 / 2$ Turn Shuffle R, $1 / 2$ Box Turn R, Touch R, Hip Roll R
$\begin{array}{ll}\text { 1\&2 } & \text { Make } 1 / 4 \text { turn } R \text { stepping } R \text { to } R \text { side, step } L \text { next to } R \text {, make } 1 / 4 \text { turn } R \text { stepping forward on } R \text { - } \\ 3,4 & 9.00 \\ 5,6 & \text { Step } L \text { to } L \text { side, make } 1 / 4 \text { turn } R \text { stepping } R \text { to } R \text { side }-6.00 \\ 7,8 & \text { Make } 1 / 4 \text { turn } R \text { stepping } L \text { to } L \text { side, touch } R \text { next to } L-3.00 \\ \text { Roll hips anticlockwise transferring weight to } R\end{array}$

S7 [49-56] Hip Roll L, ½ Box Turn L, Touch L, Hip Roll L
1,2 Roll hips clockwise transferring weight to $L$
3,4 Step $R$ to $R$ side, make $1 / 4$ turn $L$ stepping $L$ to $L$ side - 12.00
5,6 Make $1 / 4$ turn $L$ stepping $R$ to $R$ side, touch $L$ next to $R-9.00$
7,8 Roll hips clockwise transferring weight to $L$
S8 [57-64] Hip Roll R, L Shuffle $1 / 4$ L, Kick \& Point \& Point \& Press
1,2 Roll hips anticlockwise transferring weight to $R$
3\&4 Make $1 / 4$ turn $L$ stepping forward on $L$, step $R$ next to $L$, step forward on $L-6.00$
5\&6 Kick $R$ forward, step down on $R$, point $L$ to $L$ side
\&7 Step $L$ next to $R$, point $R$ to $R$ side
\&8 Step $R$ next to $L$, press forward on $L$ bending both knees (keep weight on $L$ )

## Start Over

TAG: At the end of WALL 5 add the following 4-count tag then start the dance again facing 6 o'clock. The tag returns the dance to the 6 and 12 o'clock walls.
[1-4] Paddle $11 / 4$ Turn L
$1 \quad$ Keeping weight on $L$ touch $R$ toes to floor and push into $1 / 4$ turn $L-6.00$
2 Keeping weight on $L$ touch $R$ toes to floor and push into $1 / 2$ turn $L-12.00$
3 Keeping weight on $L$ touch $R$ toes to floor and push into $1 / 4$ turn $L-9.00$
$4 \quad$ Keeping weight on $L$ touch $R$ toes to floor and push into $1 / 4$ turn $L-6.00$

## PATTERN

WALL 1: Full wall (starts 12.00 ends 6.00)
WALL 2: Full wall (starts 6.00 ends 12.00)
WALL 3: Restart after S4 facing 9.00
WALL 4: Full wall (starts 9.00 ends 3.00 )
WALL 5: Full wall (starts 3.00 ends 9.00 ) - Add tag to start dance again facing 6.00
WALL 6: Full wall (starts 6.00 ends 12.00)
Last Update: 14 Nov 2022

