

My Upbringing

Compte: 32

Mur: 4

Niveau: High Beginner / Improver



Chorégraphe: Beverly Thompson (USA) - June 2025

Musique: Upbringing - Noah Thompson

Intro: 32 count, begins 3 beats before lyrics, approximately 16 seconds in. 140 BPM 3:07

****2 restarts Wall 3 & Wall 6**

R = Right, L = Left

(1-8) SUGARFOOTS

- 1 Touch R toe beside L toe (R knee slightly bent and pointing inward, heel is raised)
- 2 Touch R heel beside L toe (R toe and knee are pointing out)
- 3&4 Step R foot next to L, Step L foot next to R, Step R foot next to L
- 5 Touch L toe beside R toe (L knee slightly bent and pointing inward, heel is raised)
- 6 Touch L heel beside R toe (L toe and knee are pointing out)
- 7&8 Step L foot next to R, Step R foot next to L, Step L foot next to R

(9-16) TOE STRUTS, ½ MONTEREY TURN

- 1,2 Step back on R toe, Lower R heel to floor
- 3,4 Step back on L toe, lower L heel to floor
- 5,6 Point R toe to R side. Turn ½ R (to 6:00) stepping R beside L
- 7,8 Point L to L side. Step L beside R.

**** (Restart here on 3rd wall facing 6:00, dance 16 counts and restart facing 12:00**

**** (Restart here on 6th wall facing 6:00, dance 16 counts and restart facing 12:00**

(17-24) 2X VAUDEVILLES

- 1,2 Cross R over L, step L to L
- 3,4 Touch R heel forward to R diagonal, close R to L
- 5,6 Cross L over R, step R to R
- 7,8 Touch L heel forward to L diagonal, close L to R

(25-32) ANGLE STEP WITH BOUNCES, ¼ TURN, HIP SWAY

- 1,2 Step R diagonally forward R (to 7:30), step L next to R,
- 3,4 Bounce both heels twice
- 5,6 Step L to L with ¼ turn L to 3:00, step R next to L
- 7,8 Sway hips to R then L

To end the dance, you will begin facing 6:00; dance thru 28 counts, step L ¼ turn to R 12:00 (29), Step R next to L (30), hip sways (31-32). TaDa

Begin Again! Have Fun – because if it's not fun, it's not dancing.

Last Update: 2 Jul 2025