

# Up

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - November 2014  
音乐: Up (feat. Demi Lovato) - Olly Murs



Start after 16 count intro – approx. 9 secs into song – [3mins 40secs – 115 bpm]

**[1-8] □ R fwd, L & R sailor steps travelling forward, L fwd rock/recover, ½ L & L fwd**

- 1                      Step R forward on slight right diagonal
- 2&3                  Cross step L behind R, step R side, step L forward on slight left diagonal
- 4&5                  Cross step R behind L, step L side, step R forward on slight right diagonal
- 6-8                  Rock L forward, recover weight on R, turning ½ left step L forward (6 o'clock)

**[9-16] □ ½ L & R back, L back, R coaster step, L fwd, R heel-together-touch, L heel-together**

- 1-2                      Turning ½ left step R back, step L back (12 o'clock)
- 3&4                      Step R back, step L together, step R forward
- 5                          Step L forward
- 6&7                      Touch R heel forward, step R together, touch L together
- 8&                          Touch L heel forward, step L together

**[17-24] R touch, R kick, R together, L & R toe switches, R sailor step, L behind-side-cross**

- 1-2                      Touch R together, kick R forward
- &3&4                      Step R together, touch L to left side, step L together, touch R to right R side
- 5&6                      Cross step R behind L, step L side, step R side
- 7&8                      Cross step L behind R, step R side, cross step L over R

**[25-32] □ R side, hold, L ball step 2x, L cross rock/recover, ¼ L shuffle**

- 1-2                      Step R side, hold
- &3&4                      Step L together, step R side, step L together, step R side
- 5-6                      Cross rock L over R, recover weight on R
- 7&8                      Turning ¼ left step L forward, step R together, step L forward (9 o'clock)

**[33-40] □ L full turn fwd, R fwd shuffle, L fwd rock/recover, R back, R fwd, ¼ L pivot turn**

- 1-2                      Turning ½ left step R back, turning ½ left step L forward (or walk forward 2) (9 o'clock)
- 3&4                      Step R forward, step L together, step R forward
- 5-6&                      Rock L forward, recover weight on R, step L next to R
- 7-8                      Step R forward, pivot ¼ left (6 o'clock)

**[41-48] □ R jazz box ball cross side, ¼ L toaster step, L full turn fwd**

- 1-2                      Cross R over L, step L back
- &3-4                      Step R side, cross L over R, step R side
- 5&6                      Turning ¼ left step L back, step R together, step L forward
- 7-8                      Turning ½ left step R back, turning ½ left step L forward (or walk forward 2) (3 o'clock)

**[49-56] □ R fwd, ¼ L pivot turn, R cross shuffle, ½ R hinge turn, L cross shuffle**

- 1-2                      Step R forward, pivot ¼ left (12 o'clock)
- 3&4                      Cross step R over L, step L side, cross step R over L
- 5-6                      Turning ¼ right step L back, turning ¼ right step R side (6 o'clock)
- 7&8                      Cross step L over R, step R side, cross step L over R

**[57-64] □ R side rock/recover, R together, L side rock/recover, L fwd & side touches, L coaster step**

- 1-2&                      Rock R side, recover weight on L, step R together

3-4                Rock L side, recover weight on R  
5-6                Touch L toes forward, touch L toes side  
7&8                Step L back, step R together, step L forward

**TAG: End of Walls 1 & 3 (facing back wall): 8 counts: repeat counts 57-64 and restart the dance**

**TAG: End of Wall 2: 4 counts: R rocking chair, as you rock forward you can push both arms up and look "UP"  
(As they sing the word "UP")**

**BIG ENDING: At end of wall 6: step R forward and bring arms up and look up. Ta Da!**

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**Last Update - 22nd Jan 2015**

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