

# Grew Up

**COPPER KNOB**  
STEPPERS

拍數: 84      牆數: 1      級數: Intermediate  
編舞者: Siggie Güldenfuß (DE) & Westerngirls - March 2020  
音樂: Grew Up On That - High Valley



**Note:** The dance begins after 16 counts.

## #1. Section: Side, Behind, ¼ Turn r. Shuffle Forward, Step ¼ Turn r., Cross Shuffle

- 1-2      RF step to the right, LF behind RF
- 3&4      ¼ turn to the right, RF step forward, LF next to RF and RF step forward (3 o'clock)
- 5-6      LF step forward, ¼ turn to the right (weight on RF) (6 o'clock)
- 7&8      cross LF in front of RF, RF next to LF and cross LF in front of RF

## #2. Section: Side, Behind & Heel & Cross, ¼ Turn r., ¼ Turn r., Kickball Change

- 1-2      RF step to the right, cross LF behind RF
- &3      RF next to LF and tap left heel forward
- &4      LF next to RF and cross RF in front of LF
- 5-6      ¼ turn to the right and LF step back (9 o'clock), ¼ turn to the right and RF step to the right (12 o'clock)
- 7&8      LF kick forward, LF next to RF, slightly raise the RF and weight back onto RF

## #3. Section: Cross Rock, ¼ Turn l. Chassé, Cross Rock & Heel & Toe Touch Back

- 1-2      cross LF in front of RL, slightly raise the RF and weight back onto RF
- 3&4      ¼ turn to the left LF step to the left, RF next to LF and LF step to the left (9 o'clock)
- 5-6      cross RF in front of LF, slightly raise the LF and weight back onto LF
- &7      RF next to LF and tap left heel forward
- &8      LF next to RF and tap right toe back

## #4. Section: Shuffle Back With ¼ Turn r., Sailor Step, Heel & Heel & 2x Stomp r.

- 1&2      RF step back, LF next to RF, ¼ turn to the right and RF step to the right (12 o'clock)
- 3&4      cross LF behind RF, RF next to LF and LF step to the left

**Omit: Stop here at the 3rd wall and keep dancing the 5th section!**

**Finish: At the 4th wall stop here and RF stomp forward! (The music continues for a little while)**

- 5&6      tap right heel forward, RF next to LF and tap left heel forward
- &7-8      LF next to RF and stomp RF next to LF 2x (weight on LF)

## #5. Section: Cross & Heel r./l., Step ½ Turn l., Shuffle Forward

- 1&2      cross RF in front of LF, LF next to RF and tap right heel forward
- &3      RF next to LF and cross LF in front of RF
- &4      RF next to LF and tap left heel forward
- &5-6      LF next to RF and RF step forward, ½ turn to the left (weight on LF) (6 o'clock)
- 7&8      RF step forward, LF next to RF and RF step forward

## #6. Section: Cross & Heel l./r., Step ½ Turn r., Full Turn r.

- 1&2      cross LF in front of RF, RF next to LF and tap left heel forward
- &3      LF next to RF and cross RF in front of LF
- &4      LF next to RF and tap right heel forward
- &5-6      RF next to LF and LF step forward, ½ turn to the right (weight on RF) (12 o'clock)
- 7-8      ½ turn to the right and LF step back (6 o'clock), ½ turn to the right and RF step forward (12 o'clock)

## #7. Section: Mambo Forward, Coaster Step, Scissor Step l./r.

- 1&2      LF step forward, slightly raise the RF and weight back onto RF, LF next to RF

- 3&4 RF step back, LF next to RF and RF step forward
- 5&6 LF step to the left, RF next to LF and cross LF in front of RF
- 7&8 RF step to the right, LF next to RF and cross RF in front of LF

**#8. Section: Rock Step, Coaster Step l./r.**

- 1-2 LF step forward, slightly raise the RF and weight back onto RF
- 3&4 LF step back, RF next to LF and LF step forward
- 5-6 RF step forward, slightly raise the LF and weight back onto LF
- 7&8 RF step back, LF next to RF and RF step forward

**#9. Section: Step, Scuff, Shuffle Forward, Step ½ Turn r., Shuffle Forward With ½ Turn r.**

- 1-2 LF step forward, RF scuff forward
- 3&4 RF step forward, LF next to RF and RF step forward
- 5-6 LF step forward, ½ turn to the right (weight on RF) (6 o'clock)
- 7&8 ¼ turn to the right and LF step to the left (9 o'clock), RF next to LF, ¼ turn to the right and LF step back (12 o'clock)

**#10. Section: Coaster Step, Rock Step, Shuffle Back with ½ Turn l., Step ½ Turn l.**

- 1&2 RF step back, LF next to RF and RF step forward
- 3-4 LF step forward, slightly raise the RF and weight back onto RF
- 5&6 ¼ turn to the left, LF step to the left (9 o'clock), RF next to LF, ¼ turn to the left and LF next to LF, LF step forward (6 o'clock)
- 7-8 RF step forward, ½ turn to the left (weight on LF) (12 o'clock)

**#11. Section: Walk , Walk, Out Out, In In**

- 1-2 RF step forward, LF step forward
- &3 RF step to the right, LF step to the left
- &4 RF step to the left , LF next to RF

**Dance, Have Fun & Smile!**

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