

# Up!

COPPER KNOB  
STEPSHEETS

拍數: 32

牆數: 4

級數: Beginner

編舞者: Mandie Spano (CAN) - February 2024

音樂: Up! - Shania Twain



**Walk backwards 3x, kick, walk backwards 3x, kick.**

1 - 4           Walk backwards, R, L, R, kick left foot forward.

5 - 8           Walk backwards, L, R, L, kick right foot forward.

**Side rock, shuffle, side rock, shuffle.**

9 - 10, 11 & 12 R foot side rock, recover L, shuffle forward, crossing over L foot.

13 - 14, 15 & L foot side rock, recover R, shuffle forward, crossing over R foot.

16

**Vine, shuffle, pivot, shuffle.**

17 - 18, 19 & R foot side, L foot behind, shuffle side, R, L, R.

20

21 - 22, 23 & Pivot turn to side, shuffle forward, L, R, L.

24

**Full turn, walk, walk, hips.**

25 - 28       Full turn to left, R, L, walk, walk, R, L.

29 - 32       Hips, R back, L forward.

**Repeat.**

Submitted by: William Ruddy - Email: willruddy@yahoo.com