

UP

Count: 64. Wall: 2. Level: Intermediate

Choreographer: Alison Metelnick (GBR) & Peter Metelnick (GBR) - November 2014

Music: Up by Olly Murs (feat. Demi Lovato). Album: Never Been Better

INTRO: 16 count . Weight on L. Three Tags.

STEP, SAILOR, SAILOR (travelling forward), MAMBO 1/2 LEFT

- 1 Step R forward on slight right diagonal
- 2&3 Step L behind R, Step R to right, Step L forward on slight left diagonal
- 4&5 Step R behind L, Step L to left, Step R forward on slight right diagonal
- 6-8 Rock L forward, Recover onto R, Turn ½ left step L forward [6:00]

1/2 LEFT, BACK, COASTER BACK, STEP, HEEL-&-TOUCH, HEEL-&-TOUCH

- 1,2 Turn ½ left step R back, Step L back
- 3&4 Step R back, Step L beside R, Step R forward
- 5 Step L forward
- 6&7 Touch R heel forward, Step R beside L, Touch L beside R
- 8&1 Touch L heel forward, Step L beside R, Touch R beside L [12:00]

KICK-&-POINT-&-POINT, SAILOR, BEHIND-SIDE-CROSS

- 2& Kick R forward, Step R beside L
- 3&4 Touch L to left, Step L beside R, Touch R to right
- 5&6 Step R behind L, Step L to left, Step R to right
- 7&8 Step L behind R, Step R to right, Cross L over R

SIDE, HOLD-&-CHASSE RIGHT, CROSS ROCK, RECOVER, 1/4 LEFT SHUFFLE

- 1,2& Step R to right, Hold, Step L beside R
- 3&4 Step R to right, Step L beside R, Step R to right
- 5,6 Cross Rock L over R, Recover onto R
- 7&8 Turn ¼ left step L forward, Step R beside L, Step L forward [9:00]

1/2 LEFT, 1/2 LEFT, SHUFFLE, ROCK FORWARD, RECOVER-&-STEP, PIVOT 1/4 LEFT

- 1,2 Turn ½ left step R back, Turn ½ left step L forward (or WALK, WALK) [9:00]
- 3&4 Step R forward, Step L beside R, Step R forward
- 5,6& Rock L forward, Recover onto R, Step L beside R
- 7,8 Step R forward, Pivot ¼ left [6:00]

CROSS, BACK-&-CROSS, SIDE, 1/4 LEFT COASTER, 1/2 LEFT, 1/2 LEFT

- 1,2 Cross R over L, Step L back
- &3,4 Step R to right, Cross L over R, Step R to right
- 5&6 Turn ¼ left step L back, Step R beside L, Step L forward
- 7,8 Turn ½ left step R back, Turn ½ left step L forward (or WALK, WALK) [3:00]

STEP, PIVOT 1/4 LEFT, CROSS SHUFFLE, 1/4 RIGHT, 1/4 RIGHT, CROSS SHUFFLE

- 1,2 Step R forward, Pivot ¼ left [12:00]
- 3&4 Cross R over L, Step L to left, Cross R over L
- 5,6 Turn ¼ right step L back, Turn ¼ right step R to right
- 7&8 Cross L over R, Step R to right, Cross L over R [6:00]

ROCK RIGHT, RECOVER-&-ROCK LEFT, RECOVER, TOUCH FORWARD, SIDE, COASTER BACK

- 1,2& Rock R to right, Recover onto L, Step R beside L
- 3,4 Rock L to left, Recover onto R
- 5,6 Touch L toes forward, Touch L toes to left
- 7&8 Step L back, Step R beside L, Step L forward

64 REPEAT

CONTINUED OVER

TAGS:

End of Wall 1 and Wall 3 (facing 6:00): Repeat last 8 counts of dance and restart

End of Wall 2: ROCKING CHAIR

as you rock forward you can push both arms up and look up (As they sing the word "UP")

BIG ENDING: End of wall 6: STEP R FORWARD and bring arms up and look up.