



## Up

64 Count 2 Walls Intermediate

Choreographed by: Alison Biggs & Peter Metelnick (UK) (1st November 2014)

Choreographed to: Up by Olly Murs feat. Demi Lovato 115 BPM

Intro: 16

| Count        | Footwork   |
|--------------|--|
| <b>1-8</b>   | <b>R fwd, L &amp; R sailor steps travelling forward, L fwd rock/recover, ½ L &amp; L fwd</b>   |
| 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 (6:00)                      |
| <b>9-16</b>  | <b>½ L &amp; R back, L back, R coaster step, L fwd, R heel-together-touch, L heel-together</b> |
| 1-2          | Turning ½ left step R back, step L back (12:00)  |
| 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  |
| <b>17-24</b> | <b>R touch, R kick, R together, L &amp; R toe switches, R sailor step, L behind-side-cross</b> |
| 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 L behind R, step L side, step R side  |
| 7&8          | Cross step L behind R, step R side, cross step L over R  |
| <b>25-32</b> | <b>R side, hold, L ball step 2x, L cross rock/recover, ¼ L shuffle</b>                         |

| Count        | Footwork  |
|--------------|---|
| 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 (9:00)                                 |
| <b>33-40</b> | <b>L full turn fwd, R fwd shuffle, L fwd rock/recover, R back, R fwd, ¼ R pivot turn</b>              |
| 1-2          | Turning ½ left step R back, turning ½ left step L forward (or walk forward 2) (9:00)                  |
| 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 (6:00)   |
| <b>41-48</b> | <b>R jazz box ball cross side, ¼ L toaster step, L full turn fwd</b>                                  |
| 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) (3:00)                  |
| <b>49-56</b> | <b>R fwd, ¼ L pivot turn, R cross shuffle, ½ R hinge turn, L cross shuffle</b>                        |
| 1-2          | Step R forward, pivot ¼ left (12:00)  |
| 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   |
| 7&8          | Cross step L over R, step R side, cross step L over R   |
| <b>57-64</b> | <b>R side rock/recover, R together, L side rock/recover, L fwd &amp; side touches, L coaster step</b> |
| 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  |
| <b>TAG:</b>  | <b>End of Walls 1 &amp; 3 (facing back wall): 8 counts: repeat counts 57-64 and restart the dance</b> |

Count      Footwork

**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!**