

## UP

Count: 64      Wall: 2      Level: **Intermediate**

Choreographer: Alison Biggs & Peter Metelnick, TheDanceFactoryUK – Nov 2014

Music: Up – Olly Murs (feat. Demi Lovato)

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

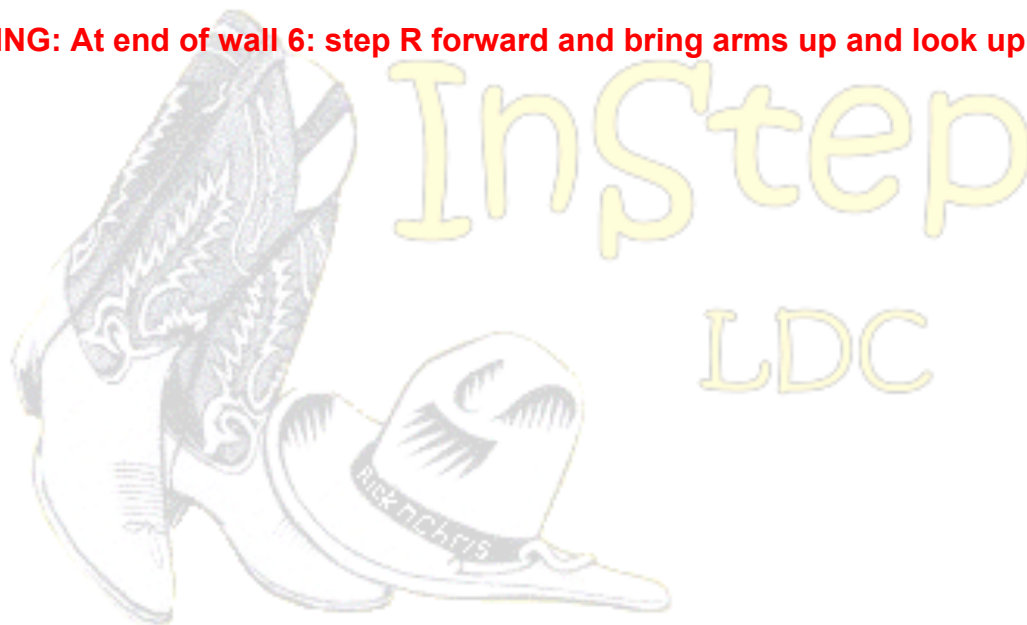
**[57-64] R SIDE ROCK/RECOVER, R TOGETHER, L SIDE ROCK/RECOVER, L FWD & SIDE TOUCHES, L COASTER STEP**

- 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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