Up

Count: 64 **Wall:** 2 **Level:** High Improver Phrased
Choreographer: Melissa Miller (UK) & Mads Rasmussen (DK) - February 2025
Music: Up - Jonah Blacksmith

Intro: 16 counts from beginning of track. App. 7 secs. into track. Start with weight on L foot

Sequence: AA-Tag-BBB(16), AA-Tag-BBB(16), AA-BBB(16)

A part: 32c
[1 – 8] R vine with touch, L slide, R back rock

1 - 4	RF to R side, LF behind R, RF to R side, LF touch next to RF (12:00)
5 - 6	Big step to the left on LF, drag RF next to LF (12:00)
7 - 8	RF back rock, recover onto LF (12:00)

[9 – 15] 2x kick ball cross, R vine ¼

1 & 2	Kick RF to R diagonal, step RF beside LF, cross LF over RF (12:00)
3 & 4	Kick RF to R diagonal, step RF beside LF, cross LF over RF (12:00)
5 - 7	Start a half figure 8 by stepping RF to R side, LF behind RF, turn a ¼ R stepping RF forward (3:00)

[16 – 24] L step ½ turn, ¼ L vine, R cross rock, R side rock

8 - 1	Step LF forward, step ½ turn over R (step down on RF) (9:00)
2 - 4	Turn a ¼ R by stepping LF to L side, RF behind LF, LF to L side (12:00)
5 - 6	Cross RF in front of LF, recover onto LF (12:00)
7 - 8	Rock RF to R side, recover onto LF (12:00)

[25 – 32] R back L sweep, L Back R sweep, R back rock, R step ½ turn

1 - 2	Step back on RF while sweeping LF, continue the sweep with LF (the sweep is over 2 counts) (12:00)
3 - 4	Step back on LF while sweeping RF, continue the sweep with RF (the sweep is over 2 counts) (12:00)
5 - 6	Rock RF back, recover onto LF (12:00)
7 - 8	Step RF forward, step ½ turn over L (6:00)

B part: 32c
[1 – 8] RF Dorothy forward, L Dorothy forward, R step ½ turn, RF forward hitching left F

1 - 2&	Step RF to R diagonal, Lock LF behind RF, Step slightly forward on RF (12:00)
3 - 4&	Step LF to L diagonal, Lock RF behind LF, Step slightly forward on LF (12:00)
5 - 6	Step RF forward, step ½ turn over L (6:00)
7 - 8	Step RF forward, hitch L knee while going up on ball of RF (styling: put both arms up and point both fingers towards the sky) (6:00)

[9 – 16] LF rocking chair, ½ shuffle , R back rock

1 - 2	Rock LF forward, recover onto RF (6:00)
3 - 4	Rock LF back, recover onto RF (6:00)
5 & 6	Turn ¼ R step LF to L, step RF beside LF, turn ¼ R step LF back (12:00)
7 - 8	Rock RF back, recover onto LF (12:00)

[17 – 24] 2x ¼ R monterey

8 - 1	Point RF to R, ¼ turn R closing RF next to LF (3:00)
2 - 4	Point LF to L, close LF next to RF (3:00)
5 - 6	Point RF to R, ¼ turn R closing RF next to LF (6:00)

7 - 8	Point LF to L, close LF next to RF (6:00)

[25 – 32] R side rock behind, L side rock, behind side cross

1 - 4	Rock RF to R, recover onto LF, step RF behind LF, rock LF to L (6:00)
5 - 8	Recover onto RF, step LF behind RF step RF to R, cross LF over RF (6:00)

Tag: Comes twice, after second A and after fourth A.

[1 - 8] R basic, L basic, V-step

1 - 2&	Step RF to R side, step LF behind RF, Recover onto R (12:00)
3 - 4&	Step LF to L side, step RF behind LF, Recover onto LF (12:00)
5 - 6	Step RF towards R diagonal (R arm goes out to the R diagonal), Step LF towards L diagonal (L arm goes out to the L diagonal) (12:00)
7 - 8	Step RF back (R arm goes into chest), collect LF next to RF (L arm goes in to chest) (12:00)

Ending: Finish the last B(16) and you will end up by 12:00 after the back rock

Last Update: 8 May 2025