

I Only Go... UP!

32-count 4-wall improver

Choreographed by Michael Lynn

Date: Sept 2008

Music: "Up!" by **The Saturdays** (32 count intro, 116bpm)

Single: "Up!" by **The Saturdays**

Also available on iTUNES & members zone on my website.

Video Demo: <http://www.youtube.com/watch?v=hmlQAYvRkuQ>

SHUFFLE BACK RIGHT, BACK LEFT ROCK RECOVER, SHUFFLE FORWARD LEFT, STEP, PIVOT 1/4 TURN LEFT

1&2 Step back right, close left beside right, step back right,
3-4 Rock back left, recover right,
5&6 Step forward left, close right beside left, step forward left,
7-8 Step forward right, pivot 1/4 turn left.
RESTART: Restart dance from beginning at this point on Wall 10.

JAZZ BOX, SIDE-TOUCH, 1/4 SIDE TOUCH

1-2 Cross right over left, step back to left side,
3-4 Step right to right side, touch left to right side,
5-6 Step left to left side, touch right beside left,
7-8 Step right 1/4 left, step left beside right.

BOX STEP

1-2 Step forward right, touch left beside right,
3-4 Step left to left side, step right beside left,
5-6 Step left back, touch right beside left,
7-8 Step right to right side, step left beside right.

FORWARD ROCK, BACK ROCK, STEP, PIVOT 1/4 TURN LEFT, STOMPS x2

1-2 Rock forward right, recover left,
3-4 Rock back right, recover left,
5-6 Step forward right, pivot 1/4 turn left,
7-8 Stomp right, stomp left.



<http://www.bimboboots.co.uk>