

Triple Up

Phrased, 2 wall, intermediate level

Choreographer: John "Growler" Rowell (UK) Nov 02

Choreographed to: Up! by Shania Twain on CD:Up!

(Red) 126 bpm

Count Intro: 8 beats / 11 secs (Before vocals)

Sequence: A, A, B, A, B, A. A. A. Tag, B, A, 23 Counts of A

Sequence "A" 32 Counts

Counts 1-8. Cross, Side, Sailor turn, Right shuffle, Step, Half pivot.

- 1-2 Cross left over front of right, step right to right.
- 3&4 Step left behind right, (&) step right quarter turn left, step left in place.
- 5&6 Step right forward, (&) step left next to right, step right forward.
- 7-8 Step left forward, pivot half turn right.

Counts 9-16. Left shuffle, Kick-out-out, & Cross, Half unwind, Heel grind, Quarter turn.

- 1&2 Step left forward, (&) step right next to left, step left forward.
- 3&4 Kick right forward, (&) step right to side, step left to side.
- &5-6 (&)Step right next to left, cross left over front of right, unwind half turn right.
- 7-8 Grind right heel forward, turn quarter right stepping back left

Counts 17-24. Back rock, Recover, Walk right, left. Four knee pops.

- 1-2 Rock back on right, recover weight to left
- 3-4 Walk forward right, walk forward left.
- 5 Touch right toe slightly behind left popping right knee forward.
- 6 Drop right heel popping left knee forward and lifting left heel.
- 7 Drop left heel and pop right knee forward lifting right heel.
- 8 Drop right heel and pop left knee forward lifting left heel. (Keeping weight forward)

Counts 25-32. Forward rock, Recover, Turn-turn-step. Step, Tap, Behind-side-cross.

- 1-2 Rock forward on right, recover weight to left.
- 3&4 Step right back turning quarter left, (&) step left quarter turn left, step forward right.
- 5-6 Step left forward, tap right toe to right.
- 7&8 Step right behind left, (&) step left to left, cross right in front of left.

Sequence "B" 28 Counts

Counts 1-8. Rock left, Right, Forward, Step back, Rock back, Step forward, Step, Half turn

- 1 Rock left to left, lift left hand up and out to left
- 2 Rock right to right, lift right hand up and out to right
- 3 Rock forward on left, clap hands above head slightly forward.
Hand movements are optional
- 4 Step back right
- 5-6 Rock back on left, step forward on right.
- 7-8 Step forward left, pivot half turn left stepping back right

Counts 9-16, Repeat counts 1-8

Counts 17-24, Repeat counts 1-8

Counts 25-28. Left sailor, Right sailor

- 1&2 Step left behind right, (&) step to right, step left in place
- 3&4 Step right behind left, (&) step left to left, step right in place.

Tag, 4 Counts.

Counts 1-4. Hip sways left, right, left, right

- 1-2 Sway hips left, sway hips right.
- 3-4 Sway hips left, sway hips right.

Ending, facing front wall: dance up to count 23 (3rd knee pop), then:-
Rock right to right, (&) recover on left, cross right over left with a BIG smile