

UP!

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MUSIC: "UP!" by Shania Twain, Album "Greatest Hits", Download from iTunes or Amazon
PHASE: III+1
FOOTWORK: Opposite, direction for man RHYTHM: CHA CHA
SEQUENCE: INTRO - A A(1-7) B -A(1-7) B C - A B D -ENDING SPEED: -4%

INTRO

- 1 - 4 **(BFLY) WAIT;; 2 CUCARACHA WITH ARM;;**
1-2 [BFLY/WALL] Wait 2 meas;;
3-4 rk sd L, rec R, in place L/R/L raise ld hnds out & up in CW(W CCW);
rk sd R, rec L, in place R/L, R raise trail hnds out & up in CCW(W CW);
5 - 7 **(BFLY) FENCE LINE; CRAB WALK; 2 SD CLS;**
5-6 (BFLY) x lunge thru L, rec R to fc ptr, sd L/ cl R, sd L;
XRIF, sd L, XRIF/sd L, XRIF;
7 sd L, cl R, sd L, cl R;

PART - A

- 1 - 4 **(BFLY) ALEMANA;; LARIAT;;**
1-2 (BFLY) rk fwd L, rec R, sd L/ cl R, sd L; rk bk R, rec L, sd R/ cl L, sd R
(W trn RF under ld hnds fwd L, fwd R cont trn RF to fc ptr, sd L/ cl R, sd L);
3-4 sd L, rec R, L/ R, L(W cir M with jnd ld hnds fwd R, fwd L, fwd R/ cl L, fwd R);
sd R, rec L, R/ L, R(W fwd L, fwd R, fwd L/ cl R, sd L);
5 - 8 **(BFLY) FENCE LINE; CRAB WALK; 2 SD CLS; CUCARACHA in 4 WITH ARM;**
5-6 (BFLY) x lunge thru L, rec R to fc ptr, sd L/ cl R, sd L;
XRIF, SD L, XRIF/sd L, XRIF;
7-8 sd L, cl R, sd L, cl R;
rk sd L, rec R, cl L, in place R raise ld hnds out & up in CW(W CCW);

PART - B

- 1 - 8 **CHASE WITH PEEK-A-BOO DOUBLE;;;;;;**
1-2 rk fwd L trn 1/2 RF, rec R(W rk bk R, fwd L), fwd L/cl R, fwd L;
rk sd R, rec L, in place R/L, R;
3-4 rk sd L, rec R, in place L/R, L;
rk fwd R trn 1/2 LF, rec L(W rk fwd L trn 1/2 RF, rec R), fwd R/cl L, fwd R;
5-6 rk sd L, rec R, in place L/R, L; rk sd R, rec L, in place R/L, R;
7-8 rk fwd L, rec R(W fwd R trn 1/2 LF, rec L), bk L/cl R bk L;
rk bk R, rec L, fwd R/cl L, fwd R;

PART - C

- 1 - 4 **(BFLY) TWIRL VINE CHA; WALK 2 CHA; STRAT FIGURE 8 CHA;;**
1-2 sd L, XRIB(W twirl RF under jnd ld hnds R, L), L/R, L ending in OP/LOD;
fwd R, fwd L, fwd R/cl L, fwd R;
3-4 circle away M LF twd COH (W RF twd WALL) fwd L, fwd R, fwd L/cl R, fwd L;
circle tog cont trn fwd R, fwd L, fwd R/cl L, fwd R passing R shoulder;
5 - 8 **FINISH FIGURE 8 CHA;; 2 SAND STEP;;**
5-6 circle away M RF twd WALL (W LF twd COH) fwd L, fwd R, fwd L/cl R, fwd L;
circle tog cont trn fwd R, fwd L, fwd R/cl L, fwd R ending in BFLY/COH;
7-8 using swivel action tch L toe to instep, tch L heel to instep, XLIF/sd R, XLIF;
using swivel action tch R toe to instep, tch R heel to instep, XRIF/sd L, XRIF;
9 - 12 **(BFLY) TWIRL VINE CHA; WALK 2 CHA; STRAT FIGURE 8 CHA;;**
9-12 repeat meas 1-4 of part C;;;;
13 - 16 **FINISH FIGURE 8 CHA;; 2 SAND STEP;;**
13-16 repeat meas 5-8 of part C;;;;

PART - D

- 1 - 4 **(BFLY) TWIRL VINE CHA; REV TWIRL VINE CHA; 2 SPOT TURN;;**
1-2 (BFLY)sd L, XRIB(W twirl RF under jnd ld hnds R, L), sd L/ cl R, sd L;
sd R, XLIB (W twirl LF under jnd ld hnds L, R), sd R/ cl L, sd R;
3-4 XLIF trn 1/2 RF, rec R cont trn 1/2 RF, sd L/ cl R, sd L;
XRIF trn 1/2 LF, rec L cont trn 1/2 LF, sd R/ cl L, sd R;
5 - 6 **(BFLY) 2 FENCE LINE;;**
5-6 (BFLY) x lunge thru L, rec R to fc ptr, sd L/ cl R, sd L;
x lunge thru R, rec L to fc ptr, sd R/ cl L, sd R;

ENDING

- 1 - 4 **(BFLY) TWIRL VINE CHA; WALK 2 CHA; START FIGURE 8 CHA;**
1-4 repeat meas 1-4 of part C;;;
5 - 7 **FINISH FIGURE 8 CHA;; TWIRL, 2, 3, CHA**
5-6 repeat meas 5-6 of part C;;;
7 sd L, XRIB(W twirl RF under jnd ld hnds R, L), sd L, in place R/L, R;