UP!

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MUSIC: “Up!” CD: Shania Twain Up! (Red Label Pop version) - Track #1 - Slow Tempo on CD to 26 MPM
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SEQUENCE: Intro, A, B, A (9-15), B, C, A (1-8 mod), B, Int, C (1-6), Ending  RELEASED: August 2012
RHYTHM: West Coast Swing  PHASE: VI  FOOTWORK: Described for M - W opp (or as noted)

INTRO

1 - 4 WAIT;; HALF WHIP; w/ROCK 3 & PIVOT INTO;

--- Wait 2 meas in LEFT OPEN FCING “V” POS M FCING PTR & LOD w/both having lead foot free pointed twd ptr;

123&4 {Half Whip} Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to end CP M fcng RLOD;

1234 {w/Rock 3 & Pivot} Rock fwd R, bk L, fwd R, bk L pivot 3/8 RF;

5 - 7 ROCK WHIP; w/INSIDE TURN BOTH HOOK TURN; SNAP FREEZE;

1234 {Rock Whip} Cont RF trn as a couple fwd R LOD between W’s feet, cont RF trn to rec L twd COH, cont RF trn fwd R LOD between W’s feet, rec L to end CP M fcng RLOD;

123&4 {w/Inside Turn Both Hook Turn} Trng RF XRIB of L, cont RF trn sd & slightly bk L/ronde R ft CW, cont RF trn XRIB of L/cont RF trn in place L, cont RF trn fwd & across R twd RLOD (fwd L, fwd R trng ½ LF under joined lead hands/ronde L ft COW; cont LF trn XLIB of R/cont LF trn in place R, cont LF trn fwd & across L twd LOD);

--- {Snap Freeze} Sharp swvl ½ LF on R (½ RF on L), to fc ptr & LOD leaving lead ft pointing fwd twd ptr & hold,;

NOTE: This is the only snap freeze action that occurs on beat 1 of the meas and holds 3 counts. The other 2, in meas 7 of Part A & meas 15 of Part C, will occur on the “&” count of that meas (4 (“&”)) and hold for 4 counts.

PART A

1 - 3 SUGAR PUSH w/M HOOK TURN TO HANDSHAKE;; RIGHT SIDE PASS;; w/INSIDE TURN JOIN LEAD HANDS;

12-4 {Sugar Push M Hook Turn} Bk L, almost cl R to L, pt L fwd touching trailing hands, fwd L leading W away;

182 {XRIB of L trng RF/in place L cont RF trn change hands behind your back, cont RF trn fwd & across R twd DRW (fwd R, L, tap R behind L, bk R; bk to anchor L/R, L) to end w/R hands joined M out of slot twd WALL fcng DRC W fcng DRW,}

34 {R Side Pass w/Inside Turn} Soft lunge fwd & sd L leading W fwd, rec R; In place L/R leading W for LF trn, fwd L twd W in slot placing W’s R hand in M’s L hand, bk to anchor R/L, R (fwd R, L; Fwd R comm LF trn/cl L to R cont LF trn, bk R completing 1 ½ LF trn, bk to anchor L/R, L) to end LOP “V” pos M fcng ptr & RLOD;

4 - 8 SUGAR CHEERLEADER TO; THROWOUT; CHEEK TO CHEEK IN 4 w/; QK SNAP CL FREEZE;

123&4a {Sugar Cheerleader} Bk L, cl R to L to BFLY (fwd L), XLIF of R/sd R, tap L heel sd & fwd/sd L;

5a6a7a8 {Throwout} Release trailing hands trng LF sd & bk L LOD/CL R to L, fwd L twd W in slot, bk to anchor R/L, R (fwd R/L, fwd trng ½ LF to fc RLOD, bk to anchor L/R, L) to end LOP “V” pos M fcng ptr & LOD;

12-4 {Cheek to Cheek in 4 w/Snap Close Freeze} Bk L, rec R comm RF trn, lift L knee up & across body trng 3/8 RF &---- touching M’s L hip to W’s R hip, small fwd & across L/Sharp swvl ¼ LF as you cl R near L & hold,,, (fwd R, L comm LF trn, lift R knee up & across body trng 3/8 LF, small fwd & across R/Sharp swvl ¼ RF as you cl L near R & hold,,,) to end LOP “V” pos M fcng ptr & LOD;

NOTE: As mentioned in Intro, timing of this snap turn is on the “&” count, then hold 4. Also, this “&” has a weight change.

9-11 WHIP w/HAND CHANGE BEHIND THE BACK;; (L OVER R) TRAVELING SIDE PASS TO FC;;

123&4 {Whip w/Hand Change} Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L folding W’s R arm behind her back (fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to end mom CP M fcng RLOD;

567&8 {Behind The Back} Using R hand W’s R hand behind her back trng ½ RF XRIB of L, fwd & sd L, bk to anchor R/L, R (fwd L trng RF, fwd R completing 1 ½ RF trn to fc M, bk to anchor L/R, L) to end w/R handshake “V” pos M fcng ptr & LOD;

1234a {Traveling Side Pass} Bk L trng ¾ LF, joining L hands on top of R small bk R twd WALL, leading the W to turn under the L arms first then the R arms XLIB of R/sd R, sd L as you take R arms over head to end in mom M’s VARSOUVIENNE POS FCING COH W to M’s L sd & slightly behind M; XRIB of L/trng slightly RF sd & bk L as you take L arms over head, cl as you lower joined L hands over joined R hands (fwd R, fwd L toeing out comm LF trn, twirl 1 ½ LF under L arms first then the R arms fwd & sd R/cl L to R, small fwd R cont LF trn; passing behind M in small circle vine fashion trng Lf XLIB of R/sd R, XLIF of R) to end M fcng ptr “V” shape DLC & W fcng DRC w/all hands joined low L over R,
12-15 BOWTIE TWIRL BOTH FC REV.; & UNTIE TO SIDE WHIP VAR; LOW DOUBLE HAND HOLD;

12-5 SLINGSHOT INTO BOOMERANG TRIPLE TRAVEL w/ROLL;:

12- Slingshot} Bk L trng ¼ LF, sd & bk R, soften R knee slightly as you stop W w/R hand, straighten R leg (fwd R, (1234) fwd L comm LF trn, cont LF trn sd R soften R knee into lunge line, rec L comm LF trn);

12&23&4 Release trailing hands as you lead W under joined lead hands LF in place L/R, fwd L (trng 1 ½ LF under lead hands R/L, R), NOTE: W may turn 1½ LF w/normal underarm turn French cross action instead of 1 ½ LF turn.

12&23&4 Boomerang Triple Travel w/Roll} changing hands to R hand star down LOD sd R/cl L to R, sd R trng ½ RF; Sd L trng ½ RF, sd R trng ½ RF to L hand star M fcng DLW W fcng DRC, sd L/cl L to R, sd L trng 1/4 LF to R hand star M fcng DLC W fcng DR;

12&23&4 Sd R checking, rec L trng ¼ RF to L hand star M fcng DLW W fcng DRC, NOTE: Now moving towards RLOD. sd R/cl L to R, sd R trng ½ RF to R hand star M fcng DLC W fcng DR;

1&23&4 Sd L/cl R to L, sd L trng ½ RF M fcng DLW, sd R trng ½ RF, sd L trng 3/8 RF (sd R trng ¼ RF checking);

1&2 Bk to anchor R/L, R to end LOP “V” pos M fcng ptr & LOD;

6-8 SUGAR BUMP.;; OK SIDE BREAK w/CROSS & UNWIND TO FACE;

34-2 Sugar Bump} Bk L, rec R comm RF trn; Lift L knee up & across body trng ¼ RF to brush bottoms w/ptr releasing joined lead hands, small fwd L RLOD trn ½ RF (LF), bk to anchor R/L, R to end LOP “V” pos M fcng ptr & LOD;

&1&2- Side Break w/Cross & Unwind) Sd L sd R, together L under L hip/XRIF of L, release hand hold unwind full turn LF (RF) on both feet to fc ptr & rejoin lead hands;

PART A (9-15)

PART B

PART C

1-6 SUGAR SAND STEP (QQS) w/CHASSE ROLLS;; EACH WAY;;;;, SAND STEP & ANCHOR;;;;;

12- Sugar Sand Step w/Chasse Rolls} Bk L, cl R to L to BFLY, swvl RF on R/tch L toe to R instep, swvl LF on R/tch L heel fwd; Swvl RF on R/XLIF of R, -& R/cl L to R, sd R trng ½ LF now bk to bk;

12&2 Sd L/cl R to L, sd L trng ½ LF to fc ptr to BFLY, swvl LF on L/tch R toe to L instep, swvl RF on L/tch R heel fwd;

1&2&4 Sd L/X/RIF of L, -& R/cl L to R, sd L trng ½ RF now bk to bk;

1&2 Sd L/cl R to L, sd R trng ½ RF to fc ptr to BFLY, {Sand Step & Anchor) swvl RF on R/tch L toe to R instep, swvl LF on R/tch L heel fwd; NOTE: Each of the 3 Sand Steps should match the words “yeah, yeah, yeah.

1&3&4 Swvl RF on R/XLIF of R, -& bk to anchor R/L, R to end LOP “V” pos M fcng ptr & LOD;

7-8 TUMMY WHIP w/LADY ROLL RIGHT TO HANDSHAKE;;

12&3&4 Tummy Whip} Bk L, rec R across L comm RF trn, placing R hand on W’s R hip releasing joined lead hands cont RF trn sd & fwd L rec R, sd & fwd L (fwd R, L, fwd R/cl L to R, bk R) to end w/M on W’s L sd both fcng RLOD;

567&8 w/Lady Roll R} Trng 3/8 RF XRIB of L tugging slightly on W’s R hip leading her to roll R, fwd & sd L, bk anchor R/L, R (bk L comm RF roll, fwd R cont RF roll, bk anchor L/R, L) to end w/R hand “v” pos M fcng ptr & LOD;

9-13 ROLLING OFF THE ARM w/TWIRL ENDING;; HANDSHAKE WHIP; w/OUTSIDE TURN M CLOSE & CHECK TO; SIDE WHIP ENDING LEAD HANDS; KICK BALL CHANGE,,;

12&3&4 Rolling Off The Arm} Bk L, rec R across L comm RF trn, cont RF trn small sd chasse L/R, L while leading W to trn L in crook of R arm (fwd R, fwd L comm LF trn, small sd chasse R/L, R) to end in SKATERS pos fcng WALL;

567&8 Tmng ¼ RF XRIB of L, cont RF trn sd L raise hands above W’s shldr, cont RF trn bk to anchor R/L, R (trng RF bk L, cont RF trn fwd R LOD, trng 1 ½ RF under R hands fwd L/cl R to L, bk L) to end “V” pos M fcng ptr & LOD;

12&3&4 Handshake Whip} Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to end M out of slot w/R hands high palm to palm M fcng ptr & RLOD;
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1-34  {w/Outside Trn M Close & Check} Trng ¼ RF cl R to L, hold but continue leading W to trn, lunge sd L RLOD to
catch W now w/R handshake again, rec R leading W to do the same keeping L ft pointed sd to RLOD (fwd L trng
RF under joined R hands, fwd R completing 1 ½ RF twirl to fc M, bk & sd L LOD soften L knee checking, rec R);
-23&4  {to Side Whip Ending} Hold leading W fwd, using R hands to trn W fwd l in slot trng slightly LF changing to lead
hands, bk to anchor R/L, R (fwd L, fwd R trng ½ LF, bk to anchor L/R, L) to end LOP “V” pos M fcng ptr & RLOD;
1&2  {Kick Ball Change} Kick L fwd & sd/cl L on ball to R, cl R to L in place whole foot,

14-16 UNDERARM TURN BOTH HOOK TURN TO;; OK SNAP FREEZE;
341&2  {Underarm Turn} BK L, rec R across L comm RF trn leading W under; Cont RF trn sd & fwd L/rec R, sd & fwd L
(fwd R, L comm LF trn under joined lead hands, cont LF trn sd R/XLIF of R, sd & bk R);
334  {Both Hook Turn Snap Freeze} XRIB of L trng RF/cont RF trn in place L, cont RF trn fwd & across R twd
--- RLOD/sharp swvl ½ LF on R (XLIB of R trng LF/cont LF trn in place R, cont LF trn fwd & across L twd
LOD/sharp swvl ½ RF on L); Leaving lead ft pting fwd twd ptr to end LOP “V” pos M fcng ptr & LOD hold,;;;

PART A (1-8 MOD)

1 - 5 SUGAR PUSH w/M HOOK TURN TO HANDSHAKE;; RIGHT SIDE PASS;; w/INSIDE TURN
JOIN LEAD HANDS;; SUGAR CHEERLEADER TO;;
Repeat measures 1-5 of Part A;;;

6 - 8 WRAPPED WHIP (HANG ON) w/DUMMY SURPRIZE CHECK ENDING;;;
123&4  {Wrapped Whip} BK L to double hand hold, rec R across L comm RF trn, bring lead hands over W’s head as you
cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, fwd L, fwd R/cl L to R, bk R) to end WRAP POS FCING LOD;
1234  {Double Surprise Check Ending} Fwd R flexing knee w/check action looking bk at W, rec L keeping joined lead
hands low, small bk R checking to catch W in arms, rec L (bk L RLOD checking, rec R, small fwd L checking in
M’s arms, rec R) still in WRAP POS FCING LOD;
1234  Fwd R flexing knee w/check action looking bk at W, rec L raising joined lead hands, bk to anchor R/L, R (bk L
RLOD checking, rec R comm RF trn under joined lead hands, cont RF trn bk to anchor L/R, L) to end low double
hand hold M fcng ptr & LOD;

PART B

INTERLUDE

1 - 3 LEFT SIDE PASS w/TUCK & TWTWL;; ALTERNATING UNDERARM TURN;;;
12-4  {Left Side Pass w/Tuck & Twirl} BK L trng ¼ LF, bk R twd WALL, tch L to R bringing joined lead hands palm to
palm about chest level tucking W in, lead W under fwd L trng LF; Bk to anchor R/L, R (fwd R, fwd L, trn ¼ LF tch
R to L, trng RF under lead hands fwd R; cont RF trn bk to anchor L/R, L) to end LOP “V” pos M fcng ptr & RLOD,
34  {Alternating Underarm Turn} BK L, rec R across L comm RF trn; Cont RF trn sd & fwd L/rec R, sd L spin 7/8 LF
1a234  {Alternating joined lead hands, bk to anchor R/L, R (fwd R, L comm LF trn under joined lead hands; cont LF trn sd
R/XLIF of R, sd & bk R, bk to anchor L/R, L) to end LOP “V” pos M fcng ptr & LOD;

4 - 6 INSIDE WHIP w/OUTSIDE TURN;; OK SIDE BREAK w/CROSS & UNWIND TO FACE;
123&4  {Inside Whip} BK L, rec R across L comm RF trn leading W under LF, cont RF trn sd & fwd L/rec R, sd & fwd L
(fwd R, L trng ½ LF under joined lead hands, bk R/cl L to R, fwd R) to end mom CP M fcng RLOD;
567&8  {w/Outside Turn} Trng ½ RF XRIB of L, fwd & sd L, bk to anchor R/L, R (fwd L trng RF under joined lead hands,
fwd R completing 1 ½ RF twirl to fc M, bk to anchor L/R, L) to end LOP “V” pos M fcng ptr & LOD;
&1&2-  {Side Break w/Cross & Unwind} Sd L/sd R, together L under L hip/XRIF of L, release hand hold unwind full turn
LF (RF) on both feet to fc ptr & rejoin lead hands;

PART C (1-6)

ENDING

1  SURPRISE WHIP & FREEZE.
123&4  {Surprise Whip} BK L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L trng RF,
bk R/cl L to R, fwd R) to end mom CP M fcng RLOD;
1  {& Freeze} Leading W to trn RF/fwd R flexing knee w/check action looking bk at W (trng ½ RF on R/bk L LOD
flexing knee), NOTE: The last drum beat is really on the “&” count (4 “&”), but w/the twang in the music after
this drum beat, it still fits the last step of the ending on beat 1, though we try for a sharper surprise to hit the “&”.

NOTE: Timing listed on side under measures refers to actual weight changes.