

Up

Level: Easy Intermediate

Artist: Olly Murs (feat. Demi Lovato)

Choreography: Jenny Adamson jadamson4@bigpond.com

Speed: Normal **Length:** 3:44

Sequence: A, B, Chorus, Bridge, A, B, Chorus, C, Chorus

Wait: 16 beats



Part A (32 beats)

8 Fancy Vine (L)
4 Rocking Chair
4 Triple (1/2 R)

16 REPEAT

Part B (40 Beats)

8 Swayback
4 Rocking Chair
4 Fancy Double
8 Samantha
16 **2** Clogover Slur Turn
(1/2 left each)

Chorus (64 beats)

8 Triple Lori
8 Little Joe (move fwd & bk)
8 Slur Twisty Basic (R)
4 Travelling Pivot (1/2 R)
4 Fancy Double

32 REPEAT

Bridge (4 beats)

4 **4** Pause Stomps

Part A (32 beats)

8 Fancy Vine (L)
4 Rocking Chair
4 Triple (1/2 R)

16 REPEAT

Part B (40 Beats)

8 Swayback
4 Rocking Chair
4 Fancy Double
8 Samantha
16 **2** Clogover Slur Turn
(1/2 Left each))

Chorus (64 beats)

8 Triple Lori
8 Little Joe (fwd & bk)
8 Slur Twisty Basic (R)
4 Travelling Pivot (1/2 R)
4 Fancy Double

32 REPEAT

Part C (64 beats)

8 Rocking Slurs
4 Triple (3/4 R)
4 Fancy Double
8 Rocking Slurs
4 Triple (3/4 R)
4 Fancy Double
16 **2** Red Roosters (L & R)
8 Samantha (1/2 R)
8 Swayback

Chorus (65 beats)

8 Triple Lori
8 Little Joe (fwd & bk)
8 Slur Twisty Basic (R)
4 Travelling Pivot (1/2 R)
4 Fancy Double
32 REPEAT
1 (P) Step (OTS)



UP - Step Explanations

FANCY VINE:

DS (OT) DS (XIF) DS (OTS) RS DS (XIF) DS (OTS) RS RS
 L R L RL R L RL RL
 &1 &2 &3 &4 &5 &6 &7 &8

ROCKING CHAIR:

DS BR H DS RS
 L R L R LR
 &1 & 2 &3 &4

TRIPLE:

DS DS DS RS
 L R L RL
 &1 &2 &3 &4

SWAYBACK:

DS DT (XIF) H DT (X) H T-H (BK) R (BK) S DS DS RS
 L R L R L R L R L R L R LR
 &1 & 2 & 3 &4 & 5 &6 &7 &8

FANCY DOUBLE:

DS DS RS RS
 L R LR LR
 &1 &2 &3 &4

SAMANTHA:

DS DS (XIF) DR S (BK) DR S (BK) RS DS DS RS
 L R R L L R LR L R LR
 &1 &2 & 3 & 4 &5 &6 &7 &8

CLOGOVER SLUR TURN: - (PVT 1/2 L ON BOTH BA'S -AN UP & DOWN MOVEMENT)

DS DS (XIF) DS (OTS) SLR-S (XIB) DS DT BA/BA (XIF) PVT/PVT (1/2L) S RS
 L R L R R L R L/R L/R R LR
 &1 &2 &3 & 4 &5 & 6 & 7 &8

TRIPLE LORI:

DS DT SL DS DT SL DS DT SL RS RS
 L R L R L R L R L RL RL
 &1 & 2 &3 & 4 &5 & 6 &7 &8

LITTLE JOE: (R lead in this dance-NO TURN- move fwd 4 beats & back 4 beats)

DS SL S SL STO STA SL [DS DS DS RS] - (Full LEFT)
 R R L L R L R L R L RL
 &1 & 2 & 3 & 4 &5 &6 &7 &8

SLUR TWISTY BASIC:

DS SLR-S (XIB) BA (OTS) BA (XIF) BA (OTS) S (XIB) DS SLR-S (XIB) DS RS
 R L L R L R L R L L R LR
 &1 & 2 & 3 & 4 &5 & 6 &7 &8

TRAVELLING PIVOT:

DS DS (XIF) DS PVT (1/2 R) S
 L R L R
 &1 &2 &3 & 4

PAUSE STOMP:

(P) STO
 L
 & 1

ROCKING SLURS:

RS SLR S (XIB) RS (F) SLR S (XIB) RS (F) SLR S (XIB) RS RS
 LR L L RL R R LR L L RL RL
 &1 & 2 &3 & 4 &5 & 6 &7 &8

RED ROOSTER:

DS DS (XIF) BA (OTS) BA (XIB) BA (OTS) BA (XIF) DS (OTS) RS RS RS (MOVING L or R)
 L R L R L R L RL RL RL
 &1 &2 & 3 & 4 &5 &6 &7 &8