

# Up! ~ Shania Twain

(From the Shania Twain UP!! CD)

EZ Plus Level - Line - Left Foot Lead

Upbeat Country

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## Sequence Wait 24 A, A, B, A, B, Br1, C, A, Br1, B, Br1, C\*

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### Part A (32 beats)

- (4) **Cross Toe Heels  
aka Roundout** DS - TH (xf) - TH (xb) - TH (ots)
- (4) **Joey / Toe Vine** DS - Toe (xb) Toe (ots) - Toe (ots) Toe (xb) - Toe (ots) S
- (4) **Kick Turn Rock Chug** DS - Kick Turn (pivot half) - RS - Chug  
**Repeat Joey & Kick Turn Rock Chug to face front**
- (8) **Bonanza** DS - DS (xf) - Dbl Up - Dbl Up - DS (xb) - RS - DS - Br SL
- (4) **2 Chugs** DS - Chug Lift - DS - Chug Lift
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### Repeat Part A

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### Part B (28 beats)

- (4) **Rock Forward** DS - RS - RS - RS *moving straight forward*  
*Push both hands towards the ceiling on the "rocks"*
- (4) **2 Basics** DS - RS - DS - RS
- (4) **Turning Push Off** DS - RS - RS - RS *turn 1/2 to the back*
- (4) **4 Crazy Legs** DS (xb) - DS (xb) - DS (xb) - DS (xb) *moving back*
- (4) **Rock Forward** Same as above
- (4) **2 Basics** Same as above
- (4) **Turning Push Off** Same as above
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### Repeat Part A, B

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### Bridge 1 (4 beats)

- (4) **4 Crazy Legs** DS (xb) - DS (xb) - DS (xb) - DS (xb) *moving back*
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### Part C (60 beats)

- (8) **Samantha** DS - DS (xf) - Dr S (b) - Dr S (b) - RS - DS - DS - RS *turn 3/4 right*
- (4) **Long Charleston** DS - Tch (fwd) - TH - R (b) S
- (4) **Fancy Double** DS - DS - RS - RS

**Repeat all of above 3 more times to make a box facing all 4 walls**  
**OMIT THE LAST FANCY DOUBLE!!!**

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### Repeat Part A, Br1, B, Br1

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### Part C\* (53 beats)

**Repeat Samatha, Long Charleston, Fancy Double ~ 3 times**

Turn 1/4 on first, 1/2 on second, 1/4 on third to face front

- (5) **5 Count Samantha** DS - DS (xf) - Dr S (b) - Dr S (b) - RS
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#### abbreviations

(ots) = out to side  
(xb) = cross in back  
(xf) = cross in front  
(fwd) = forward

B = Ball  
Bo = Bounce  
CH = Chug  
Dbl = double

DS = double toe step  
H = heel  
HB = heel ball  
HS = heel step

K = Kick  
R = rock  
RS = rock step  
S = step

SK = skuff  
SL = slide  
T = Toe  
TB = toe ball  
TS = Toe Step  
Tch = touch  
TH = Toe Heel