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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 fcing 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 RLOD between W's feet, rec L to end CP M fcing 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 CCW, 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;  
 1&2 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 fcing DRC W fcing 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  
 1&23&4 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 fcing ptr & RLOD;

#### **4 - 8 SUGAR CHEERLEADER TO; THROWOUT; CHEEK TO CHEEK IN 4 w/; OK SNAP CL FREEZE;**

- 123a4a {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 XRIF of L/sd L, tap R heel sd & fwd/sd R, XLIF of R/sd R, tap L heel sd & fwd;  
 1&23&4 {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 R trng ½ LF to fc RLOD, bk to anchor L/R, L) to end LOP "V" pos M fcing 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 fcing 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 fcing RLOD;  
 567&8 {Behind The Back} Using R hand take 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 fcing ptr & LOD;  
 123a4 {Traveling Side Pass} Bk L trng ¼ LF, joining L hands on top of R small bk R twd WALL, leading the W to turn  
 1a2 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; XRIF of L/trng slightly RF sd & bk L as you take L arms over head, cl R to L 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 fcing ptr "V" shape DLC & W fcing 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;**

- 34 {**Bowtie Twirl**} Bk L twd DRW, trng 1/8 LF cl R to L to fc COH; Leading W to trn LF under L arms then R in place  
 1&23&4 L/R, fwd L across slot trng 1/8 LF at this point you end w/R hands high & L hands low, trng 1/8 LF in place R/L, R as you take R hands over your head & loop L hands over W's head (fwd R, fwd L toeing out comm LF trn; twirl 1 ½ LF under L arms then R fwd & sd R/cl L to R, small fwd R cont LF trn, trng ½ LF XLIB of R/small sd & bk R, cl L to R) to end sd by sd both fcing RLOD all hands joined w/M's L arm & W's R arm across ptr's shoulders;  
 12-- {**Side Whip Variation**} Taking arms down again in front of W fwd L, cl R to L trng ¼ LF leading W to trn RF,  
 (123&4) pt L sd twd LOD, hold (fwd R, fwd L trng ½ RF, bk R/cl L to R, fwd R); **NOTE:** This is a normal side whip for W.  
 -67&8 Hold leading W fwd, fwd L in slot using both hands to trn W trng slightly LF & change both hand holds, bk to  
 (567&8) anchor R/L, R (fwd L, fwd R trng ½ LF, bk to anchor L/R, L) to end low double hand hold M fcing ptr & LOD;

**PART B****1 - 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);  
 1&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 ½ LF w/normal underarm turn French cross action instead of 1 ½ LF turn.  
 {**Boomerang Triple Travel w/Roll**} changing hands to R hand star down LOD sd R/cl L to R, sd R trng ¼ RF;  
 123&4 Sd L trng ½ RF, sd R trng ½ RF to L hand star M fcing DLW W fcing DRC, sd L/cl R to L, sd L trng ¼ LF to R  
 hand star M fcing DLC W fcing DRW;  
 123&4 Sd R checking, rec L trng ¼ RF to L hand star M fcing DLW W fcing DRC, **NOTE:** Now moving towards RLOD.  
 sd R/cl L to R, sd R trng ¼ LF to R hand star M fcing DLC W fcing DRW;  
 1&234 Sd L/cl R to L, sd L trng ¼ RF M fcing 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 fcing ptr & LOD,

**6 - 8 SUGAR BUMP,;; QK 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 ½ RF to brush bottoms w/ptr releasing  
 3&4 joined lead hands, small fwd L RLOD trn ½ RF (LF), bk to anchor R/L, R to end LOP "V" pos M fcing 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 (QOS) 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  
 1-3&4 R/tch L heel fwd; Swvl RF on R/XLIF of R,-, sd R/cl L to R, sd R trng ½ LF now bk to bk;  
 1&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;  
 1-3&4 Swvl LF on L/XRIF of L,-, sd L/cl R to L, sd L trng ½ RF now bk to bk;  
 1&2-- Sd R/cl L to R, 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 fcing ptr & LOD;

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

- 123&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 fcing 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 handshake "V" pos M fcg 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,,**

- 123&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 fcing WALL;  
 567&8 Trng ¼ RF XRIB of L, cont RF trn sd L raise R 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 fcg ptr & LOD;  
 123&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 fcing ptr & RLOD;

- 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);  
 (1234) {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 fcing ptr & RLOD;  
 -23&4 {Kick Ball Change} Kick L fwd & sd/cl L on ball to R, cl R to L in place whole foot,  
 (123&4) 1&2

### **14-16 UNDERARM TURN BOTH HOOK TURN TO,;; QK 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);  
 3&4 {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 (XLIF 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 fcing 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/DOUBLE SURPRISE CHECK ENDING,;;;**

- 123a4 {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;  
 123a4 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 fcg ptr & LOD;

### **PART B**

### **INTERLUDE**

#### **1 - 3 LEFT SIDE PASS w/TUCK & TWIRL,;; 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 fcing ptr & RLOD;  
 1&2 {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 under 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 fcing ptr & LOD;  
 34 1a23a4

#### **4 - 6 INSIDE WHIP w/OUTSIDE TURN,; QK 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 fcing 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 fcing 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 fcing 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.