Step It Up

Count: 32 **Wall:** 4 **Level:** High Beginner
Choreographer: Mayee Lee (MY) - November 2016
Music: Step It Up - Alexandra Stan : (2:56)

Intro: Start after 16 counts or start at 0.13 seconds

Intro dance☐: 16 counts

1&2&3&4	Step L to L & clap hands 7 times anti-clockwise(1-4)
5 – 8	Sit on L & bounce 4 times(5-8)

(Hand styling : straighten R hand at R side, swing L hand up & down twice(5-8))

9 – 12	Step R to R(1), touch L beside R(2), step L to L(3), hold(4)
13&14 15&16	Cross R over L(13), recover on L(&), step R to R(14), cross L over R(15), recover on R(&), step L to L(16)☐12.00

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Section 1☐: Side Rock, Recover, Behind Side Cross, Side, Touch, Side, ¼ Turn L Sailor Kick

12 3&4	Rock R to R(1), recover on L(2), step R behind(3), step L to L(&),cross R over L(4)
5&6 7&8&	Step L to L(5), touch R beside L(&), step R to R(6), ¼ turn L step L back(7)(9.00), step R on ball beside L(&), kick L forward(8), step L down(&) 9.00

Section 2☐: Forward, Pivot ½ Turn L, Apple Jack, Mambo Step, Coaster Step, Forward, ¼ Turn R Hitch

12 3&4&	Step R forward(1), pivot ½ turn L step L forward(2)(3.00),both heels in toes out(3), both heels out toes in(&),both heels in toes out(4), twist R heel back to centre & flick L(&), 3.00
5&6 7&8&	Step L forward(1), recover on R(&), step L back(2), step R back(7), step L beside R(&), step R forward(8), ¼ turn R hitch L(&)☐6.00

Section 3☐: Step, R Sailor Step, L Sailor Step, Body Roll, Reverse Body Roll

1 2&3	Step L down(1), step R behind L(2), step L on ball beside R(&), step R to R(3)
4&5 678	Step L behind L(4), step R on ball beside L(&) step L to L(5), body roll to diagonally R(6-7), reverse body roll from bottom to top(8)☐6.00

Section 4☐: R&L Back Shuffle With Chest Bump, Criss Cross Back R & L, Forward, ¾ Turn L

1&2 3&4	Step R back(1), step L on ball in front of R(&), step R back(2), step L back(3), step R on ball in front of L(&), step L back(4)
56 78	Criss Cross walk back R & L(5-6), step R forward(7), ¾ turn L step L forward☐☐9.00

No Tag No Restart !

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