Up And Try

Count: 64 **Wall:** 2 **Level:** Advanced
Choreographer: Debbie Mabbs (UK) & Lorraine Monahan (UK) - November 2022
Music: Up and Try - DJ Mayson

- Intro: 32 counts (approx. 15 secs) – Start on vocals

S1 [1-8] Full Turn R, Back R, Touch L, L Dorothy, R Dorothy

1,2	Make ½ turn R stepping forward on R, make a ½ turn R stepping back on L
3,4	Step back on R, touch L in front of R
5,6&	Step L to L diagonal, cross lock R behind L, step L to L diagonal
7,8&	Step R to R diagonal, cross lock L behind R, step R to R diagonal

S2 [9-16] Rock Fwd L, Recover R, Triple Full Turn L, Rock Fwd R, Recover L, R Pony Steps Back

1,2	Rock forward on L, recover on R
3&4	Make a full triple turn L on the spot stepping L, R, L

(non-turning option: L coaster step)

5,6	Rock forward on R, recover on L
7&8	Step back on R while popping L knee up, step L next to R, step back on R while popping L knee up (keep steps small)

(alternative: R shuffle back)

S3 [17-24] L Pony Steps Back, Switches, Body Roll, Step L, ¼ R, ¼ R

1&2	Step back on L while popping R knee up, step R next to L, step back on L while popping R knee up (keep steps small)

(alternative: L shuffle back)

3&4	Touch R to R side, step R next to L, touch L to L side
&5,6	Step L next to R, touch R to R side, body roll to R side transferring weight to R
&7,8	Step L next to R, make ¼ turn R stepping forward on R, make ¼ turn R stepping L to L side - 6.00

S4 [25-32] R Sailor, L Behind, Step R ¼ R, Step L, Cross R, Unwind Full Turn, Bend Knees, Straighten Up

1&2	Step R behind L, step L to L side, step R to R side
3&4	Step L behind R, make ¼ turn R stepping forward on R, step forward on L - 9.00
5,6	Cross step R over L, unwind full turn L (weight on both feet)
7,8	Bend both knees, gradually straighten up making a gentle snake roll (weight on L)

RESTART: During WALL 3 dance up to and including count 32 then RESTART.
This will temporarily turn the dance to the 3 o'clock and 9 o'clock walls.

S5 [33-40] R Out, L Out, R In, L In, Touch R Out In Out, R Behind ¼ Step, ½ Turn Shuffle R

1&	Small step on R out to R side, small step on L out to L side
2&	Bring R back in to place, bring L back in next to R
3&4	Touch R out to R side, touch R next to L, touch R out to R side
5&6	Step R behind L, step L to L side, step forward on R
7&8	Make ¼ turn R stepping L to L side, cross step R over L, make ¼ turn R stepping back on L - 3.00

S6 [41-48] ½ Turn Shuffle R, ½ Box Turn R, Touch R, Hip Roll R

1&2	Make ¼ turn R stepping R to R side, step L next to R, make ¼ turn R stepping forward on R - 9.00
3,4	Step L to L side, make ¼ turn R stepping R to R side - 6.00
5,6	Make ¼ turn R stepping L to L side, touch R next to L - 3.00
7,8	Roll hips anticlockwise transferring weight to R

S7 [49-56] Hip Roll L, ½ Box Turn L, Touch L, Hip Roll L

1,2	Roll hips clockwise transferring weight to L
3,4	Step R to R side, make ¼ turn L stepping L to L side - 12.00
5,6	Make ¼ turn L stepping R to R side, touch L next to R - 9.00
7,8	Roll hips clockwise transferring weight to L

S8 [57-64] Hip Roll R, L Shuffle ¼ L, Kick & Point & Point & Press

1,2	Roll hips anticlockwise transferring weight to R
3&4	Make ¼ turn L stepping forward on L, step R next to L, step forward on L - 6.00
5&6	Kick R forward, step down on R, point L to L side
&7	Step L next to R, point R to R side
&8	Step R next to L, press forward on L bending both knees (keep weight on L)

Start Over

TAG: At the end of WALL 5 add the following 4-count tag then start the dance again facing 6 o'clock.
The tag returns the dance to the 6 and 12 o'clock walls.
[1-4] Paddle 1 ¼ Turn L

1	Keeping weight on L touch R toes to floor and push into ¼ turn L - 6.00
2	Keeping weight on L touch R toes to floor and push into ½ turn L - 12.00
3	Keeping weight on L touch R toes to floor and push into ¼ turn L - 9.00
4	Keeping weight on L touch R toes to floor and push into ¼ turn L - 6.00

PATTERN
WALL 1: Full wall (starts 12.00 ends 6.00)
WALL 2: Full wall (starts 6.00 ends 12.00)
WALL 3: Restart after S4 facing 9.00
WALL 4: Full wall (starts 9.00 ends 3.00)
WALL 5: Full wall (starts 3.00 ends 9.00) – Add tag to start dance again facing 6.00
WALL 6: Full wall (starts 6.00 ends 12.00)

Last Update: 14 Nov 2022