Can Only Go Up

Count: 64 **Wall:** 2 **Level:** High Improver
Choreographer: Charlotte Macari (UK) & Sophie Stevens (UK) - October 2023
Music: Up! (Red) - Shania Twain : (iTunes, Spotify and Amazon)

#28 count intro, on Vocal "Be"

SEC 1 Step, Step, Shuffle, Rock, Coaster Step

1-2	Step right forward, step left forward
3&4	Step right forward, step left beside right, step right forward
5-6	Rock left forward, recover weight onto right
7&8	Step left back, step right beside left, step left forward

SEC 2 Toe Strut Hip Bumps, Toe Strut Hip Bumps, Step, ¼ Pivot, Step, ¼ Pivot

1&2	Point right forward bumping right hip forward, bumping left hip back, bump right hip forward transferring weight onto right
3&4	Point left forward to left diagonal bumping left hip forward, bump right hip back, bump left hip forward transferring weight onto left
5-6	Step right forward, pivot ¼ left transferring weight on to left (9:00)
7-8	Step right forward, pivot ¼ left transferring weight on to left (6:00)

SEC 3 Cross, Point, Cross, Point, ¼ Jazzbox Cross

1-2	Cross right over left, point left to left
3-4	Cross left over right, point right to right
5-6	Cross right over left, turn ¼ right step left back (9:00)
7-8	Step right to right, cross left over right

SEC 4 Side Shuffle, Back Rock, Heel, Toe, Side Shuffle

1&2	Step right to right, step left beside right, step right to right
3-4	Rock left back, recover weight onto right
5-6	Point left heel forward to left diagonal, touch left behind right
7&8	Step left to left, step right beside left, step left to left

SEC 5 Behind, Side, Cross, ¼ Flick, Step Hip Bumps, ½ Step Hip Bumps

1-2	Step right behind left, step left to left
3-4	Cross right over left, turn ¼ right flick left back (12:00)
5&6	Step left forward bumping left hip forward bump right hip back, bump left forward
7&8	Turn ½ right step right forward bumping right hip forward, bump left hip back, bump right hip forward (6:00)

SEC 6 Heel Switches, Rock, Together, Heel Switches, Step, ¼ Pivot

1&	Touch left heel forward, step left beside right
2&	Touch right heel forward, step right beside left
3-4&	Rock left forward, recover weight onto right, step left beside right
5&	Touch right heel forward, step right beside left
6&	Touch left heel forward, step left beside right
7-8	Step right forward, pivot ¼ left transferring weight on to left (3:00)

SEC 7 Heel, Switches, Rock, Together, Heel Switches, Shuffle

1&	Touch right heel forward, step right beside left
2&	Touch left heel forward, step left beside right
3-4&	Rock right forward, recover weight onto left, step right beside left
5&	Touch left heel forward, step left beside right

6&	Touch right heel forward, step right beside left
7&8	Step left forward, step right beside left, step left forward

SEC 8 Heel, ¼ Grind, Back Rock, Stomp, Stomp, Heel, Hook

1-2	Touch right heel forward, turn ¼ right grinding heel step left back (6:00)
3-4	Rock right back, recover weight onto left

***Restart Here on Wall 1 and 2**

5-6	Stomp right to right, stomp left to left
7-8	Touch right heel forward, hook right over left

Ending After 20 Counts of Wall 6, Step Right forward
