

Up & Up

Count: 16

Wall: 2

Level: High Beginner

Choreographer: Jennifer Jones (USA) & Laurie Ferreira (USA) - August 2026

Music: Up + Up - Colton Dixon : (iTunes, Amazon)



BEGIN ON WORD "WALK"

Section 1: WALK, WALK, SYNCOPATED ROCKING CHAIR WITH KICK, WALK, WALK, SYNCOPATED, ½ PADDLE TURN

- 1, 2 R step fwd. (1), L step fwd. (2)
- 3 & R rock fwd.(3), L recover(&)
- 4 & R rock back while kicking L fwd. (4), L step fwd. (&) (12:00)

Restart: wall 5 facing (12:00)

- 5, 6 R step fwd. (5), L step fwd. (6)
- 7 & R step fwd. (7), ¼ pivot left (&)
- 8 & R step fwd. (8), ¼ pivot left (&) (6:00)

Section 2: SYNCOPATED JAZZ BOXES, STEP LOCK STEP BRUSH, SYNCOPATED ROCKING CHAIR

- 1 & R cross over L (1), L step back (&),
- 2 & R step diagonal back right (2), L cross over R (&)
- 3 & R step back (3), L step diagonal back (&)
- 4 & R cross over L (4), L brush fwd. (&)
- 5 & L step fwd. (5), R lock behind L (&)
- 6 & L step fwd. (6), R brush fwd. (&)
- 7 & R rock fwd. (7), L recover (&)
- 8 & R rock back (8), L recover (&) (6:00)

Begin dance again,

To end on the front wall: change last 4 counts to 2, ¼ syncopated paddle turn

We hope this dance, that was co-choreographed for NELDS2026, has blessed and will continue to bless all who dance it.

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Thank you and enjoy the dance

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