

|  | 1 WAL - 64 COUNTS - PMRASED MNERMEDATE |  |  |
| :---: | :---: | :---: | :---: |
| Steps | Actual Footwork | Calling Suggestion | DIRECTION |
| PART A |  |  |  |
| Section 1 <br> 1-2 <br> 3 \& 4 <br> $5 \& 6$ <br> $7 \& 8$ | Stomp, Hitch, Behind Side Cross, Side Rock Cross, Chasse Left Stomp right forward. Hitch left (flicking left foot back). Cross left behind right. Step right to right side. Cross left over right. Rock right to side. Recover onto left. Cross right over left. Step left to left side. Close right beside left. Step left to left side. | Stomp Hitch <br> Behind Side Cross <br> Rock \& Cross <br> Chasse | On the spot Right <br> On the spot <br> Left |
| Section 2 <br>  <br> $3 \& 4$ <br> $5 \& 6$ <br> $7 \& 8$ | Knee Hitches, Coaster Step, Kick Hitch Together <br> Hitch right. Step right beside left. Hitch left. Step left beside right. Hitch right. Touch right beside left. Hitch right. <br> Step right back. Step left beside right. Step right forward. <br> Kick left out to left side. Hitch left. Step left beside right. | Hitch \& Hitch \& Hitch Touch Hitch Coaster Step Kick Hitch Step | On the spot |
| Section 3 <br> 1-2 <br> 3 \& 4 <br> 5-6 <br> 7 \& 8 | Walk Walk 1/4, Boogie Walk 1/4, Walk Walk 1/4, Boogie Walk 1/4 <br> Step right forward. Step left forward turning $1 / 4$ left. (9:00) <br> Boogie walk 1/4 turn left, stepping - right, left, right. (6:00) <br> Step left forward. Step right forward turning $1 / 4$ left. (3:00) <br> Boogie walk 1/4 turn left, stepping - left, right, left. (12:00) | Walk Quarter Boogie Quarter Walk Quarter Boogie Quarter | Turning left |
| Section 4 <br> 1 \& 2 <br> 3 \& 4 <br> 5-6 <br> 7 \& 8 | Forward Rock, Back, Coaster 1/4 Turn, 1/4 Turn, Side, Shoulder Raise Rock right forward. Recover onto left. Step right back. Step left back. Step right beside left. Turn $1 / 4$ left crossing left over right. Turn 1/4 right stepping right to right side. Step left to left side. (12:00) Raise hands like an Egyptian. Lift both shoulders. Drop shoulders back down. | Rock \& Back Coaster Turn Quarter Side Shoulders | On the spot Turning left Turning right On the spot |
| PART B |  |  |  |
| Section 1 <br> 1-2 <br> 3 \& 4 <br> 5-6 <br> 7 \& 8 | Stomp x 2, Stomp, Hop, Stomp x 2, Stomp, Hop <br> Stomp right to side, slightly forward. Stomp left to side, slightly forward. Stomp right to side. Hop right in place twice (or heel tap twice). Stomp left to side, slightly forward. Stomp right to side, slightly forward. Stomp left to side. Hop left in place twice (or heel tap twice). | Stomp Stomp <br> Stomp Hop Hop <br> Stomp Stomp <br> Stomp Hop Hop | On the spot |
| Section 2 <br> 1 \& 2 <br> 3 \& 4 <br> 5 \& 6 <br> 7 \& 8 | Cross Rock Side (Right then Left), Kick Out Out, Shoulder Sit-Up <br> Cross rock right over left. Recover onto left. Step right to right side. <br> Cross rock left over right. Recover onto right. Step left to left side. <br> Kick right forward. Step right to side. Step left to left side. <br> Push right shoulder to side. Push left shoulder to side. Jump in place on both feet. | Cross Rock Side Cross Rock Side Kick Out Out Shoulders Jump | On the spot |
| Section 3 <br>  <br>  <br>  <br>  | Right and Left Flicks <br> Flick right to side. Step right beside left. Flick left to side. Step left beside right. Flick right to side. Touch right beside left. Flick right to side. Step right beside left. Flick left to side. Step left beside right. Flick right to side. Step right beside left. Flick left to side. Touch left beside right. Flick left to side. Step left beside right. |  <br> Flick Touch Flick <br>  <br> Flick Touch Flick | On the spot |
| Section 4 <br> 1-2 <br> 3 \& 4 <br> 5-6 <br> 7 \& 8 | Step Pivot 1/2,Run x 3, Step Pivot 1/2, Run $\times 3$ <br> Step right forward. Pivot $1 / 2$ turn left. (6:00) <br> Run forward - right, left, right. <br> Step left forward. Pivot $1 / 2$ turn right. <br> Run forward - left, right, left. | Step Pivot Run Run Run Step Pivot Run Run Run | Turning left Forward Turning right Forward |

Choreographed by: Rebecca Lee (MY) and Philip Sobrielo (SG) January 2018
Choreographed to: 'Step It Up' by Alexandra Stan from Album 'Alesta'
(download available from Amazon or iTunes)
(32 count intro)
Sequence:
AAB AAB AB


