



# Live It Up

Choreographed by Terry Hogan & Simon Ward

Description: 64 count, 2 wall, intermediate line dance

Music: **Let's Live It Up** by Paul Brandt

**No More Lonely** by David Ball

1-2Rock/step right foot to the side, rock/replace weight onto left

3-4Step right across in front of left, brush left foot toward left diagonal

5-6Step down on left, step right across in front of left

7-8Step left to the side, step right across in front of left

9-10Make  $\frac{1}{4}$  turn left on ball of right foot & step left foot forward, hold

11-12Make  $\frac{1}{4}$  turn left on ball of left foot & right toe strut backward

13-14Make  $\frac{1}{4}$  turn left on ball of right foot & left heel strut forward

15-16Make  $\frac{1}{4}$  turn left on ball of left foot & right toe strut backward

*These steps should make a box or square pattern*

17-18Left toe strut backward - facing your starting wall

19-20Step right foot beside left, step left forward

21-22Step right foot to the side, step left to the side

23-24Pop/push right knee forward & toward left knee raising heel, drop heel taking weight on right foot

25-26Transfer weight to left foot, step right across in front of left

27-28Step left to the side, flick the right foot across behind left knee

29-30Step right foot to the side, hold

31-32Swivel/fan right heel outward turning knee inward, hold

33-34Bend right knee, straighten knee - left leg stays straight, this will cause a hip drop & the right side of the body to swing forward - right toe is turned in

35-36Bend right knee, straighten knee (as above)

37-38Step left to the side & make  $\frac{1}{4}$  turn left, step right beside but slightly apart from left foot

39-40Swivel to the right, center - use ball of left foot & heel of right & twist so that both toes face the right, then return to center

41-43Step left to the side, step right across behind left, rock/step left to the side

44-46Step right to the side, step left across behind right, rock/step right to the side

47-48Step left to the side, step right across in front of left

49-50Make  $\frac{1}{4}$  turn left on ball of right foot & step left foot forward, hold

51-52Make  $\frac{1}{2}$  turn left on ball of left foot & step right foot backward, hold

53-54Step left foot backward, step right beside left

55-56Step left foot forward, scuff right foot forward

57-58Step right forward, step left forward to lock behind right

59-60Step right forward, step left forward to lock behind right

*As you step forward on the lock steps, turn the upper body slightly to the left so that the right shoulder is forward.*

61-62Step right forward, scuff left foot forward

63Step left foot forward & make  $\frac{1}{2}$  turn right

64Touch right foot beside left

## REPEAT

## TAG

*When dancing to "Let's Live It Up" by Paul Brandt, after wall 2, do counts 1-35 as per the step sheet, then hold for count 36, then restart the dance from count 1. Then do 3 complete walls and do the same restart again.*