



BroncoBeat

Step Up

Choreographed by Kate Sala Feb 2007 (UK).

4 Wall Line Dance: - 48 counts. Intermediate.

Music: - 'Step Up' by The Cheetah Girls on the album 'The Cheetah Girls 2'.

Start after a 20 count intro. 'She counts you in'.

Steps R, Together, R Chasse, Syncopated Rock Steps.

- 1 2 Step R to R side. Step left next to R.
- 3 & 4 Step R to R side. Step L next to R. Step R to R side.
- 5 & 6 & Cross Rock L behind R. Recover on to R. Side rock on L to L side. Recover on to R.
- 7 & 8 Cross Rock L behind R. Recover on to R. Step on L to L side. .

R Mambo Forward, Back Lock Step, Turn ¼ R & Side Touch, Turn ¼ L & Side Touch, Cross & Touch.

- 1 & 2 Rock forward on R. Recover back on L. Step back on R.
- 3 & 4 Step back on L. Lock step R over L. step back on L.
- & 5 Turn ¼ R stepping R to R side. Touch L out to L side.
- & 6 Turn ¼ L stepping L down in place. Side touch R out to R side.
- 7 & 8 Cross step R over L. Step L to L side & slightly back. Touch R toe forward to R diagonal.

Forward rock on Diagonal, Sailor Step, Kick Cross Touch, Coaster Step With ¼ Turn R.

- 1 Turning to face L diagonal & keeping R toe where it is, rock onto R.
- 2 Recover on to L straightening up to 12 o'clock wall.
- 3 & 4 Cross step R behind L. Step L to L side. Small step forward on R.
- 5 & 6 Kick left forward. Cross step L over R. Touch R out to R side.
- 7 & 8 Turn ¼ R stepping back on R. Step L next to R. Step forward on R.

Walk Forward x 2, Syncopated Rocking Chair, Turn 1/2 L, Forward Lock Step.

- 1 2 Walk forward on L, R.
- 3 & 4 & Rock forward on L. Recover back on to R. Rock back on L. Recover forward on to R.
- 5 & 6 Rock forward on L. Recover back on to R. Turn ½ L stepping forward on L.
- 7 & 8 Step forward on R. Lock step L behind R. step forward on R.

L Side Step, Ball Cross Rock R Behind L, R Side Step, Ball Cross Rock L behind R, Turn ¼ L & Step on Ball of R Behind x 3, Turn ¼ L stepping forward on L.

- 1 & 2 Step L to L side. Rock onto ball of R behind L. Recover onto L.
- 3 & 4 Step R to R side. Rock onto ball of L behind R. Recover onto R
- 5 & Turn ¼ L Stepping small step forward on L. Step onto ball of R behind L
- 6 & Turn ¼ L Stepping small step forward on L. Step onto ball of R behind L
- 7 & Turn ¼ L Stepping small step forward on L. Step onto ball of R behind L
- 8 Turn ¼ L Stepping small step forward on L.

Cuff R Across L, Step R, Coaster Step, Step Pivot ½ Turn L, Full Turn.

- 1 2 Scuff R across the body with toe turned in. Step R long step R
- 3 & 4 Step back on L. Step R next to L. Step forward on L.
- 5 6 Step forward on R. Pivot ½ turn L.
- 7 8 Turn ½ L stepping back on R. Turn ½ L stepping forward on L.

End of dance.

Tag: At the end of wall 4 facing 12 o'clock.

- 1 & 2 Step forward on R. Lift both heels. Drop both heels down.
- 3 4 Sweep L round from back to front. Cross step L over R.

Start Again

ENJOY!