

Steppin' off the Page

Tracey

Michelle

Script approved by

Party Up



INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Right Press Kick, Weave Left, Left Press Kick, Weave Right.		
1	Rock to right side on ball of right bending right knee.	Right	Right
2	Recover weight onto left as you low kick right out to right.	Kick	
3 - 4	Cross right behind left. Step left to left side. Cross right over left.	Behind Side Cross	Left
5	Rock to left side on ball of left bending left knee.	Left	
6	Recover weight onto right as you low kick left out to left.	Kick	
7 - 8	Cross left behind right. Step right to right side. Cross left over right.	Behind Side Cross	Right
Section 2	Walk Forward, Mambo Rock, Walk Back, Coaster 1/4 Turn Cross.		
1 - 2	Step forward right. Step forward left.	Right Left	Forward
3 & 4	Rock forward on right. Rock back on left. Step right beside left.	Mambo Rock	On the spot
5 - 6	Step back left. Step back right.	Back Back	Back
7 & 8	Step back left. Step back right. Make 1/4 turn left crossing left over right.	Coaster Turn	Turning left
Section 3	Side Together, Chasse Right, Toe Touch, Knee 1/4 Turn, Left Lock Step.		
1 - 2	Step right to right side. Step left beside right.	Side Together	Right
3 & 4	Step right to right side. Close left beside right. Step right to right side.	Side Close Side	
5 - 6	Touch left toe to right instep. Turn left knee out 1/4 turn left.	Touch Turn	Turning left
7 - 8	Step forward left. Lock right behind left. Step forward left.	Left Lock Step	Forward
Section 4	Right & Left Point & Cross Steps, Back 1/4 Turn, Side, Knee Pop.		
1 - 2	Point right to right side. Cross right over left taking weight.	Point Cross	Forward
3 - 4	Point left to left side. Cross left over right taking weight.	Point Cross	
5 - 6	Step diagonally back right. Step left 1/4 turn left.	Back Turn	Turning left
& 7 - 8	Close right beside left. Step left to left side. Pop right knee in.	& Side Knee	Left
Section 5	Side Step, Hip Bumps, Ball Step, Right Foot Lift, Right Shuffle.		
1 - 2	Step right to right side bumping hips. Bump hips left.	Right Left	Right
3 & 4	Bump hips - Right, Left, Right (weight ends on left).	Bump & Bump	On the spot
& 5	Step back on ball of right. Step forward on left.	& Step	Forward
6	Lift right foot up behind left (making figure 4).	Lift	On the spot
7 & 8	Step forward right. Close left beside right. Step forward right.	Right Shuffle	Forward
Styling:-	As you lift foot turn head sharply looking left (count 6).		
Section 6	Step 1/2 Pivot Step, Walk Forward, Right Shuffle, Ronde 1/4 Left.		
1 & 2	Step forward left. Pivot 1/2 turn right. Step forward left.	Step Pivot Step	Turning right
3 - 4	Step forward right. Step forward left.	Right Left	Forward
5 & 6	Step forward right. Close left beside right. Step forward right.	Right Shuffle	Forward
7	Sweep left toe out to left side a 1/4 turn left as you rock onto it.	Sweep	Turning left
8	Rock onto right (weight ends on right).	Rock	
Section 7	Left & Right Crossing Samba, Cross Rock, Triple 3/4 Turn Left.		
1 & 2	Cross left over right. Rock to right on right. Rock onto left in place.	Cross Right Rock	Right
3 & 4	Cross right over left. Rock to left on left. Rock onto right in place.	Cross Left Rock	Left
5 - 6	Cross rock left over right. Rock back onto right.	Cross Rock	On the spot
7 & 8	Triple step 3/4 turn left, stepping - Left, Right, Left.	Triple Turn	Turning left
Section 8	Forward Rock, Coaster Step, Step 1/2 Pivot, Triple Full Turn Forward		
1 - 2	Rock forward on right. Rock back onto left.	Forward Rock	Forward
3 & 4	Step back right. Step left beside right. Step forward right.	Coaster Step	On the spot
5 - 6	Step forward left. Pivot 1/2 turn right.	Step Pivot	Turning right
7 & 8	Triple step forward full turn right, stepping - Left, Right, Left.	Triple Turn	

4 Wall Line Dance:- 64 Counts. Intermediate.

Choreographed by:- M. T. Groove (Michelle & Tracey).

Choreographed to:- 'Shake Up The Party' by Joy Enriquez (start on vocals).

Music Suggestion:- 'I Can Love You Better' by Dixie Chicks (start on vocals).