

Live It Up

Improver Line Dance, 4 Wall, 48 Counts + 2 Restarts.

Choreographed by Kate Sala (UK)

Choreographed to: 'Live It Up' by Chris Isaak. Available on the album 'Beyond The Sun'

Also available as an mp3 download www.amazon.co.uk

Start on vocals. 18 second intro.

Step Right, Hold, Rock Back, Recover, Step Left, Hold, Rock Back, Recover.

1 2 3 4 Step R to right side. Hold. Cross rock on L behind R. Recover on to R.

5 6 7 8 Step L to left side. Hold. Cross rock on R behind L. Recover on to L.

Step Forward, Hold, Rock Forward, Recover, Toe Strut Back x 2.

1 2 3 4 Step forward on R. Hold. Rock forward on L. Recover back on to R.

5 6 7 8 Step back on L toe. Drop L heel down. Step back on R toe. Drop R heel down.

Rock Back, Recover, Step Forward, Scuff, Jazz Box, Cross Step.

1 2 3 4 Rock back on L. Recover on to R. Step forward on L. Scuff R forward.

5 6 7 8 Cross step R over L. Step back on L. Step R to right side. Cross step L over R.

Toe, Heel, Hook, Step Forward Diagonal, Touch, Step Left, Together, Bounce Heels.

1 2 Touch R toe next to L instep with toe turned in. Dig R heel forward.

3 4 Hook R foot across L shin. Step forward on R to right diagonal.

5 6 Touch L toe next to R instep. Step L to left side.

7 & 8 Step R next to L. Bounce heels up, down. ***(Restart from here on wall 4 & 7)**

Step Right, Hold, Behind, Turn 1/4 Right, Step, Pivot 1/2 Turn, Turn 1/4 Right, Cross Step Behind.

1 2 3 4 Step R to right side. Hold. Cross step L behind R. Turn 1/4 right stepping forward on R.

5 6 7 8 Step forward on L. Pivot 1/2 turn right. Turn 1/4 right stepping L to left side. Cross step R behind L.

Turn 1/4 Left, Hold, Step Forward, Pivot 1/2 Turn Left, Run x 2, Rock Forward, Recover.

1 2 3 4 Turn 1/4 left stepping forward on L. Hold. Step forward on R. Pivot 1/2 turn left.

5 6 7 8 Run forward on R, L. Rock forward on R. Recover back on to L.

Start again!

Restart: On wall 4 (Facing 9 o'clock) and wall 7 (Facing 3 o'clock)

Both restarts are in the same place of the dance. Restart after 32 counts, that's after the Heel Bounce.