

SUCK IT UP!

Choreographer: Carolyn & Rick Robinson 04/01/10; flrkilr@gmail.com; www.love2danceusa.com

Improver, 32 Counts, 4 Walls

Music: "Soak It Up (dance mix)" by David Bradley

Begin dance on the vocals, 32 count intro

R ROCK, RECOVER L; R COASTER; L ROCK, RECOVER R; L COASTER

1,2 R Rock forward, Recover L
3&4 R Step back, Left Step beside R, R Step forward
5,6 L Rock forward, Recover R
7&8 L Step back, Right Step beside L, L Step forward

¼ R, ½ L; R TRIPLE FORWARD; ¼ L, ½ R; L TRIPLE FORWARD

1,2 R Side step ¼ R (3:00); L Side step ½ L (9:00) (or swivels on balls of feet)
3&4 Triple step forward R-L-R
5,6 L Side step ¼ L (6:00), R Side step ½ R (12:00) (or swivels on balls of feet)
7&8 Triple step forward L-R-L

R VINE W/SYNCOPATION; L SIDE ROCK; L CROSS-OVERS

1,2 R Side step, L Step behind R
3&4 R Side step, L Step across R, R Side step
5,6 L Side Rock, Recover R
7&8 L Cross over R, R Side step, L Cross over (cross & cross)

R SIDE ROCK; SAILOR ¼ TURN L; STEP FORWARD L, R; L FORWARD COASTER

1,2 R Side Rock, Recover L
3&4 R Step behind L, L Step ¼ L, R Step forward (9:00)
5,6 Step forward L, R
7&8 L Step forward, R Step beside L, L Step back

Start Again!

