

## **PULL UP**

-Choreographer: **Winnie Yu (Dance Pooh)** (Canada)

May 2004

-Intermediate level, 32 counts, 4 walls

-Music: **Pull Up** by Mr. Vegas (Length of song: 2.39 min)

-Intro/Count in: 32

Section 1 and 4 – Use the movement and style of **The Native Dance**. The peculiar feature of the native dancing is the absence of violent motion; there are no jumping or elaborate pirouettes, no extravagant contortions, and nothing that might be called a precision of step. The lower limbs play a part of secondary importance to the arms and the dancers indulge in no dizzy gyrations. The feet and hands are kept moving in unison with the slow, monotonous music.

### **Section 1 (STOMP UP RIGHT, STEP, ¼ TURN, STOMP UP LEFT, STEP) -2X**

- 1-2 Stomp right to right (no weight), step in place
- 3-4 Make a ¼ turn left (9:00) and stomp left to left (no weight), step in place
- 5-6 Make a ¼ turn left (6:00) and stomp right to right (no weight), step in place
- 7-8 Make a ¼ turn left (3:00) and stomp left to left (no weight), step in place

### **Section 2 STEP, HOLD (4X)**

- 1-2 Step right to right side, hold  
(Body movement for count 1 and 2: - Thrust pelvis back, forward X4, push R-L arms forward or out freely according to your feeling)
- 3-4 Step left beside right, hold  
(Body movement for count 3 and 4: - Thrust pelvis back, forward X4, push R-L arms forward or out freely according to your feeling)
- 5-6 Repeat count 1 & 2 of section 2
- 7-8 Repeat count 3 & 4 of section 2

### **Section 3 ROCK, RECOVER, BACK ROCK, RECOVER, STEP BACK, ½ TURN, STEP BACK (2X)**

- 1-2 Rock forward on right, recover weight onto left
- 3&4 Rock backward on right, (&) recover and make a ½ turn left stepping back onto right (9:00)
- 5&6 Rock backward on left, (&) recover and make a ½ turn right stepping back onto left (3:00)
- 7-8 Step back diagonally on right, step back diagonally on left

### **Section 4 STOMP R-L OUT IN FOR 8 COUNTS**

- 1&2& Stomp right left out, stomp right left out
- 3&4& Stomp right left in, stomp right left in
- 5&6& Stomp right left out, stomp right left out
- 7-8 Stomp right in, stomp right left in

**\*\*Start Again and Have Fun\*\***