

Grow Up

Choreographed by Alison & Peter, TheDanceFactoryUK – October 2016

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2 wall – 48 count Intermediate line dance with no tags or restarts

Music: Grow Up – Olly Murs - start after 16 count intro – 84 bpm – 3 mins 44 secs

Available from Amazon



1-8 R fwd box, R rock back/ recover, ¼ L, L rock back/recover, L side

1&2 Step R side, step L together, step R forward

3&4 step L side, step R together, step L back

5&6 Rock R back, recover weight on L, turning ¼ left step R side (*9 o'clock*)

7&8 Rock L back, recover weight on R, step L side

9-16 R behind- ¼ L – R fwd, L fwd mambo, syncopated apart/tog turning 2 x ¼ R stepping fwd on L on last count (see step description)

1&2 Cross step R behind L, turning ¼ left step L forward, step R forward (*6 o'clock*)

3&4 Rock L forward, recover weight on R, step L together

&5 Step R apart, step L apart

&6 Turning ¼ right step R & L together (*9 o'clock*)

&7 Step R apart, step L apart

&8 Turning ¼ right step R to right side, step L slightly forward (*12 o'clock*)

17-24 R fwd shuffle, L fwd rock/recover, ¼ L, full L turn, R cross, L side rock/recover, L cross

1&2 Step R forward, step L together, step R forward

3&4 Rock L forward, recover weight on R, turning ¼ left step L to left side (*9 o'clock*)

5&6 Turning ½ left step R back, turning ½ left step L side, cross step R over L

7&8 Rock L side, recover weight on R, cross step L over R

25-32 R side, L weave 2, ¼ L toaster, R forward, hitch turns ¼ R & ½ R, L fwd

&1-2 Step R side, cross step L over R, step R side

3&4 Turning ¼ left step L back, step R together, step L forward (*6 o'clock*)

5 Step R forward

&6 Hitch L turning ¼ right on R, point L side (*9 o'clock*)

&7 Hitch L turning ½ right on R, point L side (*3 o'clock*)

8 Step L slightly forward

33-40 R heel jack, L cross shuffle, R side, L sailor, R ball side

1&2& Cross step R over L, step L back, touch R heel forward, step R back

3&4 Cross step L over R, step R side, cross step L over R

5 Step R side

6&7 Cross step L behind R, step R side, step L side

&8 Step R together, step L side

41-48 R cross rock/recover, R side, L cross rock/recover, ¼ L, R chase turn, L fwd mambo

1&2 Cross rock R over L, recover weight on L, step R side

3&4 Cross rock L over R, recover weight on R, turning ¼ left step L forward (*12 o'clock*)

5&6 Step R forward, pivot ½ left, step R forward (*6 o'clock*)

7&8 Rock L forward, recover weight on R, step L together