

UP TO NO GOOD

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Count: —

Wall: 2

Level: intermediate

Choreographer: Peter Metelnick

Music: Down In Mississippi (& Up To No Good) by Sugarland

Sequence: AAB&, AAB, A*AB, A*ABB

PART A

LEFT SIDE SHUFFLE, RIGHT ROCK BACK & RECOVER, RIGHT SIDE HOLD, TOGETHER RIGHT SIDE, LEFT CROSS STEP

- 1&2 Step left to side, step right together, step left to side
- 3-6 Rock right back, recover weight on left, step right to side, hold
- &7-8 Step right to side, cross step left over right

RIGHT SIDE ROCK & RECOVER, WEAVE LEFT INTO $\frac{3}{4}$ LEFT TURN

- 1-4 Rock right to side, recover weight on left, cross step right over left, step left to side
- 5-8 Cross step right behind left, turning $\frac{1}{4}$ left step left forward, step right forward, pivot $\frac{1}{2}$ left

HEEL SWITCHES WITH 2 $\frac{1}{4}$ TURNS RIGHT

- 1&2& Touch right heel forward, step right together, touch left heel forward, turning $\frac{1}{4}$ right step left together
- 3-4& Touch right heel forward, hold, step right together
- 5&6& Touch left heel forward, turning $\frac{1}{4}$ right step left together, touch right heel forward, step right together
- 7-8& Touch left heel forward, hold, step left together

RIGHT FORWARD ROCK & RECOVER, $\frac{1}{2}$ RIGHT SHUFFLE, LEFT FORWARD, $\frac{1}{4}$ RIGHT PIVOT TURN, LEFT KICK BALL CHANGE

- 1-2 Rock right forward, recover weight on left
- 3&4 Turning $\frac{1}{2}$ right step right forward, step left together, step right forward
- 5-6 Step left forward, pivot $\frac{1}{4}$ right
- 7&8 Kick left forward, step left together, step right together

PART A*

On the 3rd & 4th times through the dance, you add a 4 count LEFT jazz box cross after the first A. You will be facing the back wall when doing these step both times. Then start A again

1-4 Cross step left over right, step right back, step left to side, cross step right over left)

PART B

LEFT FORWARD ROCK & RECOVER, LEFT SHUFFLE BACK, RIGHT ROCK BACK & RECOVER, RIGHT KICK BALL TOUCH

1-2 Rock left forward, recover weight on right

3&4 Step left back, step right together, step left back

5-6 Rock right back, recover weight on left

7&8 Kick right forward, step right together, touch left to side

HIP BUMPS - LEFT, HOLD, RIGHT, HOLD, LEFT, RIGHT

1-6 Stepping down on left foot bump hips: left, hold, right hold, left, right (weight ends on right)

Finale: on your final b you will get this far. To finish with the music bump hips left & hold

LEFT CROSS ROCK & RECOVER, ¼ LEFT & LEFT FORWARD, RIGHT FORWARD, ½ LEFT PIVOT TURN, ¼ LEFT & RIGHT SIDE, LEFT ROCK BACK & RECOVER

1-4 Cross rock left forward, recover weight on right, turning ¼ left step left forward, step right forward

5-8 Pivot ½ left, turning ¼ left step right to side, rock left back, recover weight on right

PART B&

First time through, add the following 8 counts before starting with Part A. This is the only time you do these counts

LEFT SIDE SHUFFLE, RIGHT ROCK BACK & RECOVER, RIGHT SIDE SHUFFLE, LEFT ROCK BACK & RECOVER

1&2 Step left to side, step right together, step left to side

3-4 Rock right back, recover weight on left

5&6 Step right to side, step left together, step right to side

7-8 Rock left back, recover weight on right

