

SPICE IT UP

LINEDANCE.COM

Count: — **Wall:** 1 **Level:** Intermediate

Choreographer: Sobrielo Philip Gene

Music: Spice Up Your Life by The Spice Girls

Sequence:ABC, AABC, ABCC

Dedicated to all my line dancing friends in Singapore to add some spice into their life

PART A

½ TURN STEP RIGHT, SIDE ROCK CROSS LEFT, SIDE ROCK CROSS RIGHT, FRONT SHUFFLE LEFT

1&2 Step forward right make ½ turn left and step right forward right

3&4 Rock left to the left, rock back on right and cross left over right

5&6 Rock right to the right, rock back on left and cross right over left

7&8 Step left forward, step right behind left and step left forward

9-16 Repeat steps 1-8

KICK/KICK, COASTER STEP RIGHT, KICK/KICK, COASTER STEP LEFT

17-18 Kick right foot forward, kick right foot to right side

19&20 Step right behind left, step left beside right, step right in front

21-22 Kick left foot forward, kick left foot to left side

23&24 Step left behind right, step right beside left, step left in front

ROCK, RECOVER ½ TRIPLE TURN TWICE

25-26 Rock forward on right, recover on left

27&28 Make ½ triple turn over right shoulder stepping right, left, right

29-30 Rock forward on left, recover on right

31&32 Make ½ triple turn over left shoulder stepping left, right, left

PART B

JUMP FRONT, LEFT, RIGHT, BEHIND WITH HIP BUMPS

1-4 Right foot forward, left beside right and shake hips right, left right

- 5-8** Left foot to the left, right beside left and shake hips left, right, left
- 9-12** Right foot to the right, left beside right and shake hips right, left right
- 13-16** Left foot to the back, right beside left and shake hips left, right, left

PART C

Dance according to the chorus

WEAVE LEFT, STEP-SLIDES WITH HIP ACTION TRAVELING RIGHT

"Slam it to the left"

- 1-2** Cross right in front left, step left to left side
- 3-4** Cross right in behind of left, step left to left side

"Shake to the right"

- 5&** Right step side right moving hips left, left slide next to right
- 6&** Right step side right moving hips left, left slide next to right
- 7&** Right step side right moving hips left, left slide next to right
- 8&** Right step side right moving hips left, left slide next to right

STEP FORWARD LEFT RIGHT, STEP BACK LEFT RIGHT, ROLLING HIPS BUMPS

- 9-10** Step left forward, right forward to the right (chicas to the front)
- 11-12** Step left back, right back to the right (uh uh)
- 13-16** Rolling hip bump to the right (slow) (go round / hi ci ya hold tight)
- 17-32** Repeat steps 1-16