



GROW UP

Music: Olly Murs, CD: 24 HRS (Deluxe)
 Choreo: Sandra Pohlmann (sandra.pohlmann@googlemail.com)
 (ECTA Clog Convention 2017)

Basic
85 BPM
3:45

Sequence: **A B C D A B C D E C D* Ending**
 wait 16 beats

Part A: (32)

4 Basic DS RS
 L/R/L/R L RL
 &1 &2

2 Triple DS DS DS RS
 L&R L R L RL
 &1 &2 &3 &4

Repeat all above as written

Part B: (16)

4 Steps S
 L/R/L/R L
 1

2 Basic DS RS
 L&R L RL
 &1 &2

Repeat all above as written

Part C: (32)

Vine 8 DS DS(xif) DS DS(xib) DS DS(xif) DS RS
 L R L R L R L RL
 &1 &2 &3 &4 &5 &6 &7 &8

2 Basic DS RS
 R&L R LR
 &1 &2

4 Toe Heel T H
 R/L/R/L R R
 & 1

Repeat all above (opposite footwork)

Part D: (16)

Push Turn DS RS RS RS **turn 1/1 L**
 L RL RL RL
 &1 &2 &3 &4

2 Basic DS RS
 R&L R LR
 &1 &2

Repeat all above (opposite footwork)

Part E: (32)

Vine 8 DS DS(xif) DS DS(xib) DS DS(xif) DS RS
 L R L R L R L RL
 &1 &2 &3 &4 &5 &6 &7 &8

2 Triple DS DS DS RS
 R&L R L R LR
 &1 &2 &3 &4

Repeat all above (opposite footwork)

Sequence: **A B C D A B C D E C D* Ending**

Part D*: (32)

Push off DS RS RS RS
 L RL RL RL
 &1 &2 &3 &4

2 Basic DS RS
 R&L R LR
 &1 &2

Repeat Push off & 2 Basics (opposite footwork)

Push Turn DS RS RS RS **turn 1/1 L**
 L RL RL RL
 &1 &2 &3 &4

2 Basic DS RS
 R&L R LR
 &1 &2

Repeat Push Turn & 2 Basics (opposite footwork)

Ending: (1)

Step L S
 L
 1
