

Lookin' Up

Artist: Barenaked Ladies / Album: Fake Nudes / i-Tunes download / Time 2:50

Level: Intermediate / Genre: Pop / Moderate speed

Choreo: Barbara Bizovie, CCI / okanagancloggin@hotmail.com

2019

Sequence: A Bridge B C A B C D Break B C Ending

Wait 16 Beats, begin with left foot lead

Part A (32 beats)

- (8) Me & You DS DT(xif) H(clk) DT(ots) H(clk) RS DT H(clk) RS DS RS
L R L R L RL R L R R LR
&1 & 2 & 3 &4 & 5 &6 &7 &8
- (8) Alabama DS DS(xif) DR S(b) DR S(b) RS DT H(clk) DS DT H(clk)
L R R L L R LR L R L R L
&1 &2 & 3 & 4 &5 & 6 &7 & 8
- (8) Heel Slur Kick DS(xib) R H(ots) Slur S(ib) R S(xif) K(xif) H(clk) K(ots) H(clk) DS RS
R L R L L R L R R L R R LR
&1 & 2 & 3 & 4 & 5 & 6 &7 &8
- (4) Rooster Run DS DS(xif) R S(xib) R S(xif)
L R L R L R
&1 &2 & 3 & 4
- (4) Double Basic + Clap DS DS RS (P) CLAP
L R LR Hands
&1 &3 &3 & 4

Bridge (16 beats)

- (8) Easy Glider DS DR S(xif) S(ots) BRK/S(xib) Pull L across(ots) S RS DS DS RS
L L R L L/R L L RL R L RL
&1 & 2 & 3 & 4 &5 &6 &7 &8

Repeat the above 8 beats using opposite footwork

Part B (32 beats)

- (8) Eric DS DT H(clk) R H(w) RS R H(w) RS DS RS
L R L R L RL R L RL R LR
&1 & 2 & 3 &4 & 5 &6 &7 &8
- (4) Vine Rock Pivot DS DS(xib) R H(w) (turn 1/2 L) S
L R L R L
&1 &2 & 3 & 4
- (4) Triple DS DS DS RS
R L R L
&1 &2 &3 &4

Repeat the above 16 beats using same footwork

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Part C (32 beats)

(4) Traveling Shoes (p) STO(¼ L) H(w)svl S H(w)svl S H(w)svl S
¼ Left L R L R L R L
& 1 & 2 & 3 & 4

(4) Kentucky Basic DS DR S(xif) DS RS
R R L R LR
&1 & 2 &3 &4

Repeat above 8 beats 3 more times

Part A [Me & You, Alabama, Heel Slur Kick, Rooster Run, Double Basic + Clap]

Part B [Eric, Vine Rock Pivot (1/2 L), Triple] **Repeat**

Part C [Traveling Shoes (1/4 L), Kentucky Basic] **Repeat 3 more times**

Part D (32 beats)

(8) Popcorn DS DS R Htch RS BA SL DS DS RS
L R L R RL R R L R LR
&1 &2 & 3 &4 & 5 &6 &7 &8

(4) Blakester Turn DS DS(turn ¼ L & squat) (P) Hop/Lift (turn ¼ R) RS DS DS DS RS
L R L/R RL R L R LR
&1 &2 & 3 &4 &5 &6 &7 &8

Turn ½ R

Repeat above 16 beats using same footwork

Break

(8) Roundout DS TH(xif) TH(ib) TH(ots) TH(xif) TH(ib) TH(ots) TH(ots)
L R L R L R L R
&1 &2 &3 &4 &5 &6 &7 &8

Part B [Eric, Vine Rock Pivot (1/2L), Triple] **Repeat**

Part C [Traveling Shoes (1/4 L), Kentucky Basic] **Repeat 3 more times**

Ending Step L (both hands up and look up)

Step abbreviations

DT = double toe
DS = double toe step
S = step
R = rock
T = toe
H = heel
DR = drag
P = Pause
STO = stomp
BRK = break

Direction

xif = cross in front
xib = cross in back
if = in front
ib = in back
ots = out to side
f = moving forward
b = moving back
tch = touch
clk = click
w = takes weight
svl = swivel