



Approved by:



Up A Creek

4 WALL - 32 COUNTS - IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Walk Forward x 2, Forward Shuffle, Forward Rock, Back Shuffle		
1 - 2	Walk forward right. Walk forward left.	Right Left	Forward
3 & 4	Step right forward. Close left beside right. Step right forward.	Right Shuffle	
5 - 6	Rock left forward. Recover onto right.	Forward Rock	
7 & 8	Step left back. Close right beside left. Step left back.	Back Shuffle	Back
Section 2	Walk Back x 2, Back Shuffle, Back Rock, Forward Shuffle		
1 - 2	Walk back right. Walk back left.	Right Left	Back
3 & 4	Step right back. Close left beside right. Step right back.	Back Shuffle	
5 - 6	Rock left back. Recover onto right.	Back Rock	
7 & 8	Step left forward. Close right beside left. Step left forward.	Left Shuffle	Forward
Restart	Wall 5 (facing front): restart dance again from beginning at this point.		
Section 3	Point Step x 4		
1 - 2	Point right to right side. Step right forward.	Point Step	Forward
3 - 4	Point left to left side. Step left forward.	Point Step	
5 - 6	Point right to right side. Step right forward.	Point Step	
7 - 8	Point left to left side. Step left forward.	Point Step	
Section 4	Step, Pivot 1/2, Step, Pivot 1/4, Jazz Box		
1 - 2	Step right forward. Pivot 1/2 turn left.	Step Pivot	Turning left
3 - 4	Step right forward. Pivot 1/4 turn left.	Step Pivot	
5 - 6	Cross right over left. Step left back.	Cross Back	Back
7 - 8	Step right to right side. Close left beside right.	Side Together	Right

Choreographed by: Dom Yates (UK) April 2007

Choreographed to: '40 Days And 40 Nights' by Tim McGraw (120 bpm) from CD Not A Moment Too Soon;
also available as download from iTunes (16 count intro)

Restart: There is one restart, during Wall 5