

Double Up

Count: 64

Wall: 4

Level: Intermediate Phrased

Choreographer: Amy Glass (USA) & Darren Bailey (UK) - October 2025

Music: 2 is Better Than 1 - Louis II



16 Count Tag

Intro: 32 Counts

Phrasing: 64/Tag/56/64/Tag/64/Tag/Tag/48

Back, Drag, Ball, Step, Step, 1/4 L Side, Drag, Behind, Side, Cross

- 1-2& Big step back on RF, Drag LF towards RF, Close LF next to RF
- 3-4 Step forward on RF, Step forward on LF
- 5-6 Make a 1/4 turn L and Big step RF to R side, Drag LF towards RF (now facing 9:00)
- 7&8 Cross LF behind RF, Step RF to R side, Cross LF over RF

Rock, Recover 1/4 L, Shuffle 1/2 L, Back, Back, Coaster Step

- 1-2 Rock RF to R side, Recover onto LF making a 1/4 turn L
- 3&4 Make a 1/4 turn L and step RF to R side, Close LF next to RF, Make a 1/4 turn L and step back on RF (now facing 12:00)
- 5-6 Step back on LF popping R knee, Step back on RF, Popping L knee
- 7&8 Step back on LF, Close RF next to LF, Step forward on LF

Out, Out, Hold, Sway R, Sway L, Ball, Rock, Recover, Behind, Side, Cross

- &1-2 Step RF to R side, Step LF to L side, Hold
- 3-4& Sway hips to R, Sway hips to L, Close RF next to LF
- 5-6 Rock LF to L side, Recover onto RF,
- 7&8 Cross LF behind RF, Step RF to R side, Cross LF over RF

Side, Close, Hold, Twist R, Twist L, Ball, Cross, 1/4 L, 1/2 L, L Sailor Step (into Step Lock)

- &1-2 Step RF to R side making 1/8 turn L, Close LF next to RF, Hold
- 3-4 Twist both heels to R, Twist both heels to L
- &5-6 Put weight onto LF, Cross RF over LF making 1/8 turn R, Make a 1/4 turn L and step forward on LF
- 7-8& Make a 1/2 turn L and step back on RF, Cross LF behind RF, Step RF to R side (now facing 3:00)

Step, Lock, Step, Lock, Step (All to L diagonal), Step Lock, Step, Lock, Step (All to R Diagonal)

- 1-2 Step LF diagonally forward to L, Lock RF behind LF
- 3&4 Step LF diagonally forward to L, Lock RF behind LF, Step LF diagonally forward to L
- 5-6 Step RF diagonally forward to RF, Lock LF behind RF
- 7&8 Step RF diagonally forward to RF, Lock LF behind RF, Step RF diagonally forward to RF

Cross, Back 1/4 L, L Shuffle, 1/4 R, Extended Cross Shuffle R

- 1-2 Cross LF over RF, Make a 1/4 turn L and step back on RF (now facing 12:00)
- 3&4 Step LF to L side, Close RF next to LF, Step LF to L side
- 5-6& Make a 1/4 turn L step RF to R side, Cross LF over RF, Step RF to R side (now facing 9:00)
- 7&8 Cross LF over RF, Step RF to R side, Cross LF over RF

Rock, Recover, R Sailor 1/4 R, Step, Pivot 1/2 R, Step, Kick

- 1-2 Rock RF to R side, Recover onto LF
- 3&4 Cross RF behind LF, Make a 1/4 turn R and close LF next to RF, Step forward on RF (now facing 12:00)
- 5-6 Step forward on LF, Make a pivot 1/2 turn R (now facing 6:00)

7-8 Step forward on LF, Kick RF forward

Back, Touch back, Step, 1/2 L Hitch, Back, Mashed Potatoes back (L, R, L)

1-2 Step back on RF, Touch LF back

3-4 Step forward on LF, Make a 1/2 turn L hitching up R knee

5-6& Step back on RF, Step back on LF twisting with heels in, Twist both heel out

7&8 Step back on RF twisting both heels in, twist both heel out, Step back on LF twisting both heels in

Easier option for counts 6-8 walk back L, R, L

TAG (after wall 1, 3, 4 (Double Tag))

Back, Hold, Rock, Recover, Step, Spiral Full turn R, Walk R, Walk L

1-2 Step back on RF, Hold

3-4 Rock back on LF, Recover onto RF

5-6 Step forward on LF, Start a full turn Spiral R

7-8 Finish spiral R by stepping forward on RF, Step forward on LF (now facing 12:00)

Step. Sweep 1/4 R, Cross, 1/4 L, 1/2 L, Rock, Recover, Back Shuffle

1-2 Step forward on RF, Make a 1/4 turn R and sweep LF from back to front (now facing 3:00)

3-4 Cross LF over RF, Make a 1/4 turn L and step back on RF (now facing 12:00)

5-6 Make a 1/4 turn L and Rock LF to L side, Recover onto RF making a 1/4 turn L (now facing 6:00)

7&8 Step back on LF, Close RF next to LF, Step back on LF
