Elbow's Up

Artist: Adam Milton Album: Single / available on i-tunes
Level: Easy / Genre: Country / Moderate speed / Time 2:42
Choreo: Barbara Bizovie / okanagancloggin@hotmail.com / 2025

Sequence: A B C D A Break C D Ending
Wait 16 beats, begin with left foot lead

Part A (40 beats)

(8)	Turkey	(P) H(w) T-FLAP S DS RS	DS DS DS RS
	+ Triple	L L R L RL	R L R LR
		& 1 & 2 &3 &4	&5 &6 &7 &8
(4)	Rooster Run	DS DS(xif) R(ots) S(xib) R(ots) S(xif)	
		L R L R L R	
		&1 &2 & 3 & 4	
(4)	Charleston Brush	DS Ttch(if) Hclk Ttch(ib) Hclk BR Hclk	
		L R L R L R L	
		&1 & 2 & 3 & 4	

Repeat the above 16 beats using opposite footwork

Part B (32 beats)

(8)	Mountain Basic	(P) STO DT Hclk DS RS	DS DS RS RS
	+ Fancy Double	L R L R LR	R L RL RL
		& 1 & 2 &3 &4	&5 &6 &7 &8
(8)	Cowboy	DS(f) DS(f) DS(f) BR(turn 1/2 L) Hclk DS(xif) R(b)S R(b)S R(b)S	
	(turn ½ L)	L R L R L R L R L R L R	
		&1 &2 &3 & 4 &5 & 6 & 7 & 8	
(8)	2 Pushoffs	DS(ots) RS(ots) RS(ots) RS	DS(ots) RS(ots) RS(ots) RS
		L RL RL RL	R LR LR LR
		&1 &2 &3 &4	&5 &6 &7 &8
(8)	Cowboy	DS(f) DS(f) DS(f) BR(turn 1/2 L) Hclk DS(xif) R(b)S R(b)S R(b)S	
	(turn ½ L)	L R L R L R L R L R L R	
		&1 &2 &3 & 4 &5 & 6 & 7 & 8	

Part C (32 beats)

(4)	Heel Chain Forward	DS H(f) S H(f) S H(f) S	DS DS DS RS
	_+ Triple	L R L R L R L	R L R LR
		&1 & 2 & 3 & 4	&5 &6 &7 &8
(8)	2 Rocking Chair	DS BR(turn ¼ L) Hclk DS RS	DS BR(turn ¼ L) Hclk DS RS
	(turn ¼ L Each)	L R L R LR	L R L R LR
		&1 & 2 &3 &4	&5 & 6 &7 &8

Repeat the above 16 beats using same footwork

Part D (12 beats)

(4) Roundout 4

DS	TH(xif)	TH(ib)	TH(ots)
L	R	R	R
&1	&2	&3	&4

(8) 2 Donkeys

DS	Ttch(xif)	Hclk	Ttch(ots)	Hclk	Ttch(xib)	Hclk	(one shown)
L	R	L	R	L	R	L	
&1	&	2	&	3	&	4	

Part A: [Turkey, Triple, Rooster run, Charleston Brush] **Repeat using opposite footwork**

Break (16 beats)

(8) Clogover Vine

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

Repeat Clogover Vine using opposite footwork

Part C: [Heel Chain fwd, Triple, 2 Rocking Chairs ¼ L ea)] **Repeat using same footwork**

Part D: [Roundout 4, 2 Donkeys)

Ending (Break+Step)

(8) Clogover Vine

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

Repeat Clogover Vine using opposite footwork

(1) Step

(P)	S
	L
&	1

Step abbreviations
BR= brush
DT = double toe
DS = double step
S = step
RS = rock step
H = heel
T= toe
STA = stamp
STO = stomp

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