



Grow Up

Choreographer: B.S.

~Official GOLD competition dance 2024 - 2025~

Type of dance: ABC sequence, 4 Walls, WCS - Wheelchair
 Level: Experienced
 Music: "I Ain't Gotta Grow Up" by Logan Mize
 Intro: 16 counts from first beat in music (app. 10 seconds into track)
 Seq: ABACABABBAA
 Optional upper body movements

Counts	Movement descriptions PART A	End facing
1 – 8	1/4 R TURN, BACKWARDS, 1/2 R TURN	
1 – 2	Turn 1/4 right	03:00
3 – 4	Roll backwards	03:00
5 – 6	Start turning 1/2 right	
7 – 8	Finish turning 1/2 right	09:00
9 – 16	ZIG-ZAG	
1 – 2	Turn 1/8 right while moving forward	10:30
3 – 4	Turn 1/4 left	07:30
5 – 6	Roll forward	07:30
7 – 8	Turn 1/4 right	10:30
17 – 24	BACKWARDS, 1/8 + 1/4 L TURN	
1 – 2	Start rolling backwards	10:30
3 – 4	Finish rolling backwards	
5 – 6	Start turning 1/8 + 1/4 left	
7 – 8	Finish turning 1/8 + 1/4 left	06:00
25 – 32	1/1 L TURN + 1/4 L TURN	
1 – 2	Start turning 1/1 + 1/4 left	
3 – 4	Keep turning	
5 – 6	Keep turning	
7 – 8	Finish turning 1/1 + 1/4 left	03:00
Counts	Movement descriptions PART B	End facing
1 – 8	FORWARD, SVIP R	
1 – 4	Roll forward	12:00
5 – 6	Turn 1/8 right	01:30
7 – 8	Turn 1/8 left	12:00
9 – 16	BACKWARDS, SVIP L	
1 – 4	Roll backwards	12:00
5 – 6	Turn 1/8 left	10:30
7 – 8	Turn 1/8 right	12:00
Counts	Movement descriptions PART C	End facing
1 – 8	FORWARD, SVIP R, BACKWARDS	
1 – 2	Roll forward	12:00
3 – 4	Turn 1/8 right	01:30
5 – 6	Turn 1/8 left	12:00
7 – 8	Roll backwards	12:00