

Up & Down (위아래)

COPPERKNOB
BYEPOSTEETS

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: SoonYoung-Bae (KOR) - April 2022

Musik: Up & Down - EXID



* Intro : 16c (start on vocal)

* No Tag

* 1 Restart : After 16 counts on 7 Wall(9:00)

S1[1-8] TOE STRUT, 1/4 L TOE STRUT * 3(3:00)

1 2 toe touch RF forward, drop RF in place
3 4 1/4 L LF forward(9:00), drop LF in place
5 6 1/4 L RF forward(6:00), drop RF in place
7 8 1/4 LF forward(3:00), drop LF in place

S2[9-16] FWD ROCK, RECOVER, ANCHOR, WALK BACK * 2, COASTER(3:00)

1 2 rock RF forward, step LF in place
3&4 step RF back, step LF in place, step RF in place
5 6 walk back LF - RF
7&8 step LF back, step RF beside LF, step LF forward

* RESTART HERE : 7 Wall(9:00)

S3[17-24] CROSS -SIDE POINT(R-L), CROSS TOE POINT, SIDE TOE POINT, 1/4 R SAILOR(6:00)

1 2 cross RF over LF, side point LF to L
3 4 cross LF over RF, side point RF to R
5 6 toe point RF over LF, toe point RF side to R
7&8 1/4 R RF behind LF(6:00), step LF beside RF, step RF side

S4[25-32] FWD MAMBO, BACK MAMBO, SIDE MAMBO, 1/4 L MONTRAY(3:00)

1&2 rock LF forward, step RF in place, step LF slightly back
3&4 rock RF back, step LF in place, step RF slight forward
5&6 rock LF side, step RF in place, step LF beside RF
7 8 side point RF to R, step RF beside LF with turning to 1/4 L(3:00) and dragging RF to LF

* Ending : 1/4 L Montary change 1/2 L Montary(12:00)

Dance Is The Best Play! Have Fun! ☐

Contact : SoonYoung-Bae (alhappy@hanmail.net)