

# Up And Down

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Chris Peel (UK)

Musik: Up and Down - Wade Hayes



## **SIDE JACKS, PIVOT ½ TURN, STEP, KICK, COASTER BACK**

- &1&2 Step right to side, step left to side, step right home, step left beside right  
3-4 Step forward right and pivot ½ turn left, switch weight forward onto left  
5-6 Step forward right, kick left forward  
7&8 Step left back, step right beside left, step left forward

## **SIDE, TOUCH, FULL TURN LEFT, SIDE, ROCK, SAILOR TURN**

- 9-10 Side step right, touch left beside right  
11&12 Full turn left stepping left, right, left  
13-14 Rock right to side, rock weight to side on left  
15&16 Swing right to step behind left, side step left, step right ¼ turn to right

## **SIDE, KICK, COASTER BACK (REPEAT)**

### **Moving left**

- 17-18 Stomp left to side, kick right forward  
19&20 Step right back, step left beside right, step right forward  
21-22 Stomp left to side, kick right forward  
23&24 Step right back, step left beside right, step right forward

## **WEAVE RIGHT, MONTEREY INTO SIDE, ROCK, STEP**

### **Moving right**

- 25-26 Step left across right, side step right  
27&28 Step left behind right, side step right, step left across right  
29-30 Touch right to side, spin ½ turn right on left and step right beside left  
31&32 Rock step left to side, rock weight to side on right, step left beside right

## **REPEAT**

## **TAG**

At the end of the 2nd wall (facing back) add the following 4 counts:

### **SIDE RIGHT, TOUCH LEFT, SIDE LEFT, TOUCH RIGHT**

- 1-2 Side step right, touch left beside right  
3-4 Side step left, touch right beside left

On the 3 occasions that the phrase "up and down" coincides with the beginning of the dance (End of 1st wall facing right, end of 3rd wall facing left of home, and end of 5th wall facing right of home), throw arms up with finger pointing, on beat 1, and push arms back down, on beat 2.