

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.