

# Up Down

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Stephen Pistoia (USA) & Laura Stanton (USA) - March 2018

**Music:** Up Down (feat. Florida Georgia Line) - Morgan Wallen : (iTunes)



**Intro: 16ct intro**

**( 1-8 ) WEAVE RT, POINT LF OUT IN**

- 1-2 step RF out to RT – step LF behind RF
- 3-4 step RF out to RT – cross LF over RF
- 5-6 step RF out to RT – touch LF next to RF
- 7-8 point LF out to LT – touch LF next to RF (12:00)

**( 9-16 ) WEAVE LT, POINT RF OUT IN**

- 1-2 step LF out to LT – step RF behind LF
- 3-4 step LF out to LT – cross RF over LF
- 5-6 step LF out to LT – touch RF next to LF
- 7-8 point RF out to RT – touch RF next to LF (12:00)

**Both Restarts happen here on walls 5 & 9**

**( 17-24 ) STEP PIVOT ½, STEP PIVOT ¼ JAZZBOX**

- 1-2 step RF forward – pivot on LF making ½ turn LT (6:00)
- 3-4 step RF forward – pivot on LF making ¼ turn LT (3:00)
- 5-6 cross RF over LF – step LF out to LT
- 7-8 step RF out to RT – step LF next to RF

**( optional moves for set 3 instead of jazz box do step RF out 5, LF out on 6, step RF in 7, step LF in 8 )**

**(25-32) SCUFF STOMP RT, SCUFF STOMP LT, HEEL SWIVEL, HOP BACKWARD, HOP FORWARD**

- 1-2 scuff RF lifting knee up – step RF forward stomp
- 3-4 scuff LF lifting knee up – step LF forward stomp
- 5-6 swivel heels RT – swivel heels LT taking weight on LF
- 7-8 hop back on RF keeping LF in the air – hop forward on LF keeping RF in air

**(optional moves for set 4 for beginners ) scuff RF1, stomp 2, hold 3, scuff LF4, stomp 5, hold 6, hops for 7&8 or swivel heels RT on 7, swivel LT on 8**

**Thank you David Goodman for your helpful tips to make this a fun dance for all levels!**

**last set you can add style here by rolling your hips up and down. Have fun!**

**This dance rotates clockwise.**

**Any questions contact me @ pistoias@ymail.com have fun enjoy!!!!**