

Up & Down

Count: 32

Wall: 4

Level: Improver

Choreographer: Juan C. Gonzalez (USA) - December 2022

Music: Up & Down - Mia Dimšić



#16 Count Intro after the drums, approximately 10 seconds. No tags! No restarts!!!

****2nd Place Beginner/Improver line dance at USLDCC in Florida Line Dance Classics 2022.**

[1-8] V Step, Kick-Tap Behind, Flick, Right Step-Drag

- 1-2 Step R toes diagonal forward (1), Step LF to the side going up on the toes of both feet (2) 12:00
- 3-4 Step RF back to center lowering body by slightly bending your R knee (3), Step LF next to RF going down by slightly bending your L knee (4) 12:00
- 5-6& Straighten L knee and kick RF with toes pointing down to the diagonal forward (5), Touch R toes behind LF (6) 12:00 Tap R toes behind LF (6), Flick R foot behind LF (&) 12:00
- 7-8 Big step RF to the side (7), Drag LF toward RF (8) 12:00

[9-16] Back Rock-Recover, Kick-Ball-Cross, Left Chasse, Behind, 1/8 Turn Left

- 1-2 Rock LF behind RF (1), Recover weight on RF (2) 12:00
- 3&4 Kick LF to the diagonal forward (3), Step LF in place (&), Cross RF in front of LF (3) 12:00
- 5&6 Step LF to the side (5), Step RF next to LF (&), Step LF to the side (6) 12:00
- 7-8 Step RF behind LF (7), Make 1/8 turn left stepping RF forward (8) 10:30

[17-24] 2x Hip Rolls with ¼ Turn Left, Rock-Recover, Back-Drag

- 1-2 Make ¼ turn left step RF to the side while rolling hips counter clock (1), Drag LF in front of RF (2) 7:30
- 3-4 Make ¼ turn left step RF to the side while rolling hips counter clock (3), Drag LF in front of RF (4) 4:30
- 5-6 Make 1/8 turn left rock RF forward (5), Recover weight on LF (6) 3:00
- 7-8 Big step RF back (7), Drag LF towards RF (8) 3:00

[25-32] Ball, 2x Step-Stuff, Hitch, Side, Heel-Toe-Heel

- &1-2 Step on the ball of LF (&), Step RF forward (1), Scuff LF next to RF (2) 3:00
- 3-4 Step LF forward (3), Scuff RF next to LF (4) 3:00
- &5 Hitch RF (&), Step RF to the side and lower your body by slightly bending your knees (5) 3:00
- 6-8 Swivel L Heel in (6), Swivel L Toes in (7), Swivel L Heel back to center taking weight on LF (8) 3:00

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