

# Ups And Downs

Count: 64

Wall: 4

Level: Improver

Choreographer: Jan Wyllie (AUS)

Music: Life's Little Ups And Downs - Rooster Quantrell



- 1-2-3&4      Rock/step forward on right, rock back on left, making  $\frac{1}{4}$  turn right triple step right-left-right  
5-6-7-8      Rock/step forward on left, rock back on right, rock/step back on left, rock forward on right
- 9-10-11&12      Rock/step forward on left, rock back on right, making  $\frac{1}{4}$  turn left triple step left-right-left  
13-14-15-16      Rock/step forward on right, rock back on left, rock/step back on right, rock forward on left
- 17-18      Stomp forward on right, making  $\frac{1}{2}$  turn left on ball of right kick left forward  
19-20      Rock/step back on left, rock forward on right  
21-22      Step forward on left, lock right behind left (lock step)  
23&24      Shuffle forward left-right-left
- 25-26-27-28      Rock/step right to right, rock weight to left, step right behind left, step left to left  
29-30-31-32      Step right across left, rock/step left to left, rock weight to right, step left behind right
- 33-34      Making  $\frac{1}{4}$  turn right step right toe forward, drop right heel (toe strut)  
35-36      Making  $\frac{1}{4}$  turn right step left toe to left side, drop left heel (toe strut)  
37-38      Rock/step right behind left, rock weight to left  
39&40      Shuffle to the right right-left-right
- 41-42      Rock/step back on left, rock forward on right  
43-44      Making a full turn right while moving forward step left-right (or just walk forward)  
45-46      Step forward on left, pivot  $\frac{1}{2}$  turn right transferring weight to right  
47&48      Shuffle forward left-right-left
- 49-50-51-52      Rock/step forward on right, rock back on left, step back on right, touch left beside right  
53-54-55-56      Rock/step forward on left, rock back on right, step back on left, touch right beside left
- 57-58-59-60      Rock/step forward on right, rock back on left, step back on right, step left across right  
61-62      Making  $\frac{1}{4}$  turn left step back on right toe, step down on right heel (toe strut)  
63&64      Making  $\frac{1}{2}$  turn left back over left shoulder shuffle forward left-right-left

**REPEAT**

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