

Up & Down, 'Round & 'Round

Compte: 32

Mur: 4

Niveau: High Improver

Chorégraphe: Ivan Rundgren (SWE) - 17 July 2023

Musique: Number - Mark Mendy & Jay Mason



Intro: 16 C,

SEC. 1 V STEP – SIDE – HIP BUMP – SIDE – HIP BUMP

- 1 2 Step R diagonal fwd R (1) step L diagonal fwd L (2) Stretch your hands up
3 4 Step R back to center (3) step L back to center (4) put your hands on your hips
5 6 Step R to R side (5) bump R hip to R (6)
7 8 Step L to L side (7) bump L hip to L (8)

SEC. 2 STEP – PIVOT 1/4 L – STEP – PIVOT 1/4 L – CROSS – SIDE – 1/2 TURN R – CROSS – SIDE

- 1 2 Step fwd R (1) roll your hip as you do pivot 1/4 turn L (2) arm options please see on the bottom of step-sheet
3 4 Step fwd R (3) roll your hip as you do pivot 1/4 turn L (4)
5 6 & Cross R over L (5) step L to L side (6) 1/2 turn R stepping R to R side (&)
7 8 Cross L over R L to L side (7) step R to R side (8)

SEC. 3 STEP – CROSS – HOLD – STEP – CROSS – HOLD – STEP – PIVOT 1/2 – STEP – HIP BUMP

- & 1 2 Step L behind R (&) cross R over L (1) hold (2)
& 3 4 Step L to L side (&) step R behind L (3) hold (4)
& 5 6 Step L to L side (&) step fwd R (5) pivot 1/2 turn L (6)
7 8 Step R to R side as you bump hip to R (7) bump hip again (8)

SEC. 4 STEP – CROSS – HOLD – STEP – CROSS – HOLD – STEP – CROSS SHUFFLE – STEP 1/4 TURN – TOUCH

- & 1 2 Step L behind R (&) cross R over L (1) hold (2)
& 3 4 Step L to L side (&) step R behind L (3) hold (4)
& 5 & 6 Step L to L side (&) cross R over L (5) step L to L side (&) cross R over L (6)
7 8 1/4 turn L stepping fwd L (7) touch R next to L (8)

Tag 4 count: hip bump R L R L after wall 4

Arm options just for fun, on sec 2:

Girls, put your R hand behind your neck while you do step turns

Boys, cross your arms over your chest while you do step turns

Start over again!

Don't forget to like and subscribe

Have fun & happy dancing, hugs from Sweden

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