

# Up & Down, 'Round & 'Round

**COPPER** **KNOB**  
BY SHEETS

**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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