

Up Down

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Stephen Pistoia (USA) & Laura Stanton (USA) - March 2018
音乐: 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!!!!