

# Two Up, Two Down

拍数: 64      墙数: 0      级数: Phrased Easy Intermediate  
编舞者: Rex Allott (UK) - July 2020  
音乐: No Milk Today - Herman's Hermits



Intro - 16 beats - Sequence - AA BB AC Rpt.

## A

### AS1. Vine R, Vine L.

1-2.            Step R to R, Step L behind R  
3-4.            Step R to R, Step L next to R  
5-6.            Step L to L, Step R behind L  
7-8.            Step L to L, Step R next to L

### AS2. Jumping Heel Switch R, L, R, L, Step R forward, 1/4 Turn L.

1-2.            Step R heel out R, jump up & point L heel out L  
3-4.            Jump up & point R heel out R, jump up & point L heel out L  
5-6.            Step R forward, return on L,  
7-8.            Turn 1/4 turn L on R, Step L next to R

## B.

### BS1. Skate R, L, R, L, Walk Back R, L, R, L.

1-2.            Skate R, L  
3-4.            Rpt 1-2  
5-6.            Walk Back R, L.  
7-8.            Rpt 5-6

### BS2. 1/2 Walking Turn R, Full Walking Turn L

1-2.            1/2 turn R, Stepping R, L  
3-4.            Step R, L  
5-8.            Full turn L, stepping R, L, R, L.

## C.

### CS1. Side Steps R, L, R.

1-2.            Step R to R, Step L next to R  
3-4.            Step L to L, Step R next to L  
5-6.            Step R to R, Step L next to R

### CS2. Shoop Shoop Steps R, R, L, L.

1-2.            Step R diagonally forward R, Step L next to R  
3-4.            Rpt 1-2  
5-6.            Step L diagonally forward L, Step R next to L  
7-8.            Rpt 5-6

### CS3. V - Step, Heel Touches R, L.

1-2.            Step R diagonally forward R, Step L diagonally forward L  
3-4.            Step R diagonally back L, Step L diagonally back R  
5-6.            Step R heel diagonally forward R, return  
7-8.            Step L heel diagonally forward L, return

### CS4. Back Toe Struts R, L, R, L.

1-2.            Step R toe back, drop heel  
3-4.            Step L toe back, drop heel

5-8. Rpt 1-4

**CS5. 1/2 Walking Turn R, Full Walking Turn L.**

1-2. 1/2 turn R, stepping R, L

3-4. Step R, L

5-8. Full turn L, stepping R, L, R, L

**To finish - End last S5. with 3/4 turn L to face forward, then shoop shoop steps as music fades out.**

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