

# Ups and Downs

**COPPER** KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Absolute Beginner  
编舞者: Hayley Wheatley (UK) - October 2021  
音乐: Up One Side - Texas Hill



Restart on Wall 3 after 16 counts

Intro: 16 Counts

**S1: KICK, KICK, ROCK BACK, RECOVER, GRAPEVINE RIGHT**

1,2      Kick RF fwd twice 12:00  
3-4      Rock back on RF, Recover on LF 12:00  
5-6      Step RF to R side, Step LF behind R 12:00  
7-8      Step Rf to R side, Touch LF beside R 12:00

**S2: KICK, KICK, ROCK BACK, RECOVER, GRAPEVINE LEFT**

1-2      Kick LF fwd twice 12:00  
3-4      Rock back on LF, Recover on RF 12:00  
5-6      Step LF to L side, Step RF behind L 12:00  
7-8      Step Lf to L side, Touch RF beside F 12:00

Restart here during wall 3 (Facing 6:00)

**S3: TOE STRUTS FORWARD, TOE STRUTS ¼ TURN**

1-2      Touch R Toe fwd, Drop weight onto R Heel 12:00  
3-4      Touch L Toe fwd, Drop onto L Heel 12:00  
5-6      Touch R toe fwd (beginning ¼ turn L), Drop R Heel 10:30  
7-8      Touch L toe fwd (completing ¼ turn L), Drop L Heel 9:00

**S4: HIP BUMPS R, HOLD, L, HOLD, R,L,R,L**

1-2      Bump hips R, Hold 9:00  
3-4      Bump his L, Hold 9:00  
5-6      Bump hips R, Bump hips L 9:00  
7-8      Bump hips R, Bump hips L 9:00

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