

More Ups Than Downs

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: D'ette Perschke (USA) & Diana Oglesby (USA) - March 2022
音乐: Up Down (feat. Florida Georgia Line) - Morgan Wallen



Intro: 16 Counts After the Pick-Up Notes. Start on Lyrics. Start with Weight on R

***2 Tags: At the end of wall 4 and 8 there is a 16 count tag, both facing 12:00. Instructions below.**

****Ending: Wall 11, described at bottom of page.**

S1 (1-8) CROSS L, R BACK, L TOGETHER, CROSS R, ROCK L, RECOVER, L FWD, HOLD

1-2 Cross L over (1), step R back (2)
3-4 Step L together (3), cross R over (4)
5-6 Rock L side (5), recover to R (6)
7-8 Step L forward (7), hold (8)

S2 (9-16) TWO ¼ PADDLE TURNS L, JAZZ BOX TOUCH

1-4 Step R fwd (1) and turn ¼ L (2), step R fwd (3), and turn ¼ L (4) (6:00)
5-8 Cross R over (5), step L back (6), step R side (7), touch L together (8)

S3 (17-24) TOUCH L SIDE, TOUCH L FWD, HOLD, TOUCH L SIDE, TURN ¼ L AND STEP TOGETHER, TOUCH R TOGETHER, STEP R SIDE, TOUCH L TOGETHER

1-4 Touch L side (1), touch L fwd (2), hold (3), touch L side (4)
5-8 Turn ¼ L and step L together (weight on L) (5), touch R together (6), step R side (7), touch L together (8) (3:00)

S4 (25-32) STEP UP ON TOES, HEEL DOWN x 4 (L-R-L-R)

1-4 Step up on toes of L foot (1), down on L heel (2), step up on toes of R foot (3), down on R heel (4)
5-8 Step up on toes of L foot (5), down on L heel (6), step up on toes of R foot (7), down on R heel (8)

(These steps are an "up-down" motion to go along with the song lyrics)

REPEAT

***Tag: 16 counts. It comes twice. After wall 4 and 8. Each time facing 12:00**

(1-8) L SIDE ROCK, RECOVER, CROSS, HOLD, R SIDE ROCK, RECOVER, CROSS, HOLD

1-4 Rock L side (1), recover to R (2), cross L over (3), hold (4)
5-8 Rock R (5), recover to L (6), cross R over (7), hold (8)

(9-16) L FWD, TAP, BACK, HEEL, BACK, CROSS, BACK, BACK

1-4 Step L fwd (1), touch R behind (2), step R back (3), touch L heel fwd (4)
5-8 Step L back (5), step R over (6), step L back (7), step R back (8)

****Ending: Wall 11 is the last wall (starts facing 6:00).**

Do not make the ¼ turn on step #5 in section 3. Finish the dance facing the front wall (12:00) on count 32.