

Up & Down, 'Round & 'Round

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Improver
编舞者: Ivan Rundgren (SWE) - 17 July 2023
音乐: 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 ☐

Contact: ivan.rundgren@gmail.com

Last Update: 23 Jul 2023