

Up N' Down

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: David Cheshire (AUS)
音乐: Pick 'Em Up And Lay 'Em Down - Toby Keith



SIDE SHUFFLE RIGHT, ROCK STEP, STEP TOUCH, STEP TOUCH

1&2 Shuffle to the right (right-left-right)
3-4 Rock back on left behind right, step right in place
5-6 Step to left on left, touch right next to left
7-8 Step to right on right, touch left next to right

SIDE SHUFFLE LEFT, ROCK STEP, STEP TOUCH, STEP TOUCH

1&2 Shuffle to the left (left-right-left)
3-4 Rock back on right behind left, step left in place
5-6 Step to right on right, touch left next to right
7-8 Step to left on left, touch right next to left

SIDE TOUCHES, CROSSOVER TOE TOUCH, SYNCOPATED HEEL TAPS

1-2 Touch right to right side, cross right toe over left foot
3&4 Tap right heel three times (weight on right)
5-6 Touch left to left side, cross left toe over right foot
7&8 Tap left heel three times (weight on left)

SIDE, HOLD, PIVOT, HOLD, STEP PIVOT, STOMP, STOMP

1-2 Step right to right & hold
3-4 Pivot $\frac{1}{4}$ turn left stepping left forward & hold
5-6 Step fed on right foot & pivot $\frac{1}{2}$ turn left (weight on left)
7-8 Stomp forward on right, stomp forward on left

REPEAT
