

# Up, Down & In Between

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Lou Ecken (USA)  
音乐: What's In It for Me - Faith Hill



## JUMP UP, DOWN, TOUCH RIGHT AND LEFT, PADDLE TURN ½ TO THE RIGHT

1-2      Jump up on toes, settle back down both feet (crouching slightly)  
3-4      Touch right toe to right side (replace), touch left toe out to left side (weight on right)  
5-6      Push left foot into floor and turn ¼ right, push left into floor and turn ¼ right  
7-8      Push left foot into floor and turn ¼ right, step left next to right with ¼ turn to front

## RIGHT SCUFF, STEP, TOUCH, SLIDE, STEP, TOUCH; LEFT SCUFF, STEP, TOUCH SLIDE, STEP, TOUCH

1&2      Scuff right, step right in front, touch left next to right  
3&4      Slide left foot back, step right next to left, touch left in place  
5&6      Scuff left, step left in front, touch right next to left  
7&8      Slide right foot back, step left next to right, step right in place

## OUT-OUT-IN-IN, CROSS TURN, RIGHT LOCK SHUFFLE, LEFT LOCK SHUFFLE

&1&2      Step left to left side, step right to right side, step left under body, touch right next to left  
3-4      Cross right over left, pivot ½ turn to the left on both feet (end weight on left)  
5&6      Step forward on right, lock left behind right, step forward on right  
7&8      Step forward on left, lock right behind left, step forward on left

## TURNING TRIPLE STEP, SWEEP TURN, FUNKY PRANCES

1&2      Step forward on right, pivot ½ turn left & step forward on left, step right next to left  
3-4      With weight on right, sweep left foot around ½ turn and replace next to right  
5-8      Prance right-left-right-left to the front (use your own funky styling!)

## REPEAT

## RESTART

Restart after count 16 on walls 3 and 5

## TAG

After walls 9 and 11

1-4      Just freestyle!