

# Up and Down

拍數: 76      牆數: 4      級數: Phrased Intermediate  
編舞者: Angéline Fourmage (FR) - June 2019  
音樂: Up & Down - Marnik



Start : 8 counts Part A : 28 counts Part B : 16 counts Part C : 32 counts  
Sequence : A-B-Tag 1-A-Tag 1-A-C-Tag 2- Tag 1- A-B-Tag 3-Tag 1-A-Tag 1-A-B

## Part A: 28 counts

### A[1-8] Heel Split, Hold, Heel Split, Hold

1-2            Toe out, Heel out  
3-4            Toe out, Hold  
5-6            Toe in, Heel in  
7-8            Toe in, Hold

### A[9-16] Heel Split, Hold, Kick, Kick, Coaster-Step

1-2            Toe out, Heel out  
3-4            Toe out, Hold  
5-6            R Kick FW, R Kick to the R Side  
7&8            RF Back, LF next to RF, RF FW

### A[17-24] Kick, Kick, Sailor-Step ¼ L, Rocking-Chair

1-2            L Kick FW, L Kick to the L side  
3&4            Cross LF behind RF, Turn ¼ L with RF to the R side, LF to the L side  
5-6            RF FW, Recover to LF  
7-8            RF Back, Recover to LF

### A[25-28] Stomp, Hitch, Stomp, Hitch, Stomp, Hitch, Stomp, Hitch

1&2&            Stomp RF FW next to the LF, L Hitch FW, Stomp LF next to RF  
3&4&            Stomp RF FW next to the LF, L Hitch FW, Stomp LF next to RF

## Part B: 16 counts

### B[1-8] Basic Night-Club R, Basic Night-Club L, Weave, Rock-Step ¼ L

1-2&            RF to R side, Cross LF behind RF, Cross RF over LF  
3-4&            LF to the L side, Cross RF behind LF, Cross LF over RF  
5&6&            RF to R side, LF behind RF, RF to R side, Cross RF over LF  
7-8            Rock RF to R side, Recover to LF with ¼ L

### B[9-16] Basic Night-Club L, Basic Night-Club R, Weave, Rock-Step ¼ R

1-2&            LF to L side, Cross RF behind LF, Cross LF over RF  
3-4&            RF to the R side, Cross LF behind RF, Cross RF over LF  
5&6&            LF to L side, RF behind LF, LF to L side, Cross LF over RF  
7-8            Rock LF to L side, Recover to RF with ¼ R

## Part C: 32 counts

### C[1-8] Rock-Step, Weave, Rock-Step, Weave

1-2            RF to R side, Recover to LF  
3&4            RF behind LF, LF to L side, Cross RF over LF  
5-6            LF to L side, Recover to RF  
7&8            LF behind RF, RF to R side, Cross LF over RF

### C[9-16] Step-turn ½ L, Step-turn ¼ L, Ball, Rock, Chassé L

1-2            RF FW, Make ½ L (Weight is on LF)

3-4 RF FW, Make 1/4 L (Weight is on LF)  
&5-6 RF next to LF, LF to the L side, Recover on RF  
7&8 Chassé L (LF to the L side, RF next to LF, LF to the L side)

**C[17-24] Sailor-Step, Sailor-Step, Jazz-Box, Point**

1&2 RF behind LF, LF to L side, RF to L side  
3-4& LF behind RF, RF to L side, LF to L side  
5-6 Cross RF over LF, LF back  
7-8 RF to R side, Point LF to L side

**C[25-32] Jazz-Box, Out, Out, In, Hold**

1-2 Cross LF over RF, RF Back  
3-4 LF to L side, RF FW  
5-6 LF on L diagonal FW, RF on R diagonal FW  
7-8 LF Back, Hold

**Tag 1**

**[1-4] Rock-Step, 1/2 R, Together**

1-2 RF FW, Recover to LF  
3-4 Make 1/2 R with RF FW, LF next to RF

**Tag 2**

**[1-8] Step, Hold, Step, Hold, Back, Together, FW, Hold**

1-2 RF Back, Hold  
3-4 LF Back, Hold  
5-6 RF Back,, LF next to RF  
7-8 RF FW, Hold

**[9-16] Step FW, Hold, step FW, Hold, Point, together, point, touch**

1-2 LF FW, Hold  
3-4 RF FW, Hold  
5-6 Point LF to the L side, LF next to RF  
7-8 Point RF to the R side, Touch RF next to LF

**Tag 3**

**[1-8] Out, Hold, Out, Hold, In, Hold, In, Hold**

1-2 RF on diagonal FW, Hold  
3-4 LF on diagonal FW, Hold  
5-6 RF Back, Hold  
7-8 LF next to RF, Hold

**[9-16] Out, Hold, Out, Hold, In, Hold, In, Hold**

1-2 RF on diagonal FW, Hold  
3-4 LF on diagonal FW, Hold  
5-6 RF Back, Hold  
7-8 LF next to RF, Hold

**[17-24] Vine, Touch, Vine 1/4 L, Touch**

1-2 RF to R side, LF behind RF  
3-4 RF to R side, Touch LF next to RF  
5-6 LF to L side, RF behind LF  
7-8 LF to L side with 1/4 L, Touch RF next to LF

**[25-28] Vine, Together**

1-2 RF to R side, LF behind RF

3-4                    RF to R side, LF next to RF

**NOTA : RF = Right Foot, LF = Left Foot, FW = Forward**

**Smile and enjoy the dance**

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