

# Ups and Downs

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Larry Bass (USA) - July 2019  
音樂: Up - Thomas Rhett



**NO TAG, NO RESTARTS!!**

**SIDE STEP TOUCHES, SIDE, TOGETHER, SIDE, TOUCH; SIDE STEP TOUCHES; SIDE, TOGETHER, SIDE, SWEEP**

1&            Step R to right, Touch L beside R  
2&            Step L to left, Touch R beside L  
3&4&        Step R to right, Step L beside R, Step R to right, Touch L beside R  
5&            Step L to left, Touch R beside L  
6&            Step R to right, Touch L beside R  
7&8&        Step L to left, Step R beside L, Step L to left, Sweep R across L

**WEAVE, SWEEP; WEAVE, SWEEP; WEAVE, ROCKSTEP, ¼ ROLL**

1&2            Step R across L, Step L to left, Step R behind L sweeping L from front to back  
3&4            Step L behind R, Step R to right, Step L across R sweeping R from back to front  
5&            Step R across L, Step L to left  
6&            Rock R behind L, Recover forward to L  
7&8            Make a ¼ turn left & step R back (9:00), Make a ½ turn left & step L forward (3:00), Step R forward

**SIDE ROCK STEP, CROSS, POINT, TOUCH, POINT, ¼ TURN TOUCH, FORWARD TRIPLE STEP, CHASE TURN**

1&2            Rock L to left, Recover right to R, Step L across R  
3&4&        Touch R to right, Touch R beside L, Touch R to right, Make a ¼ turn right & touch R in front of L (6:00)  
5&6            Step R forward, Step L to R, Step R forward  
7&8            Step L forward, Pivot ½ turn right to R (12:00), Step L forward

**ROLLING TRIPLE STEP FORWARD, FORWARD TRIPLE STEP; ¼ CHASE TURN, BEHIND, SIDE, CROSS**

1&2            Make a ½ turn left & step R back (6:00), Make a ½ turn left & step L forward (12:00), Step R forward  
1&2            Variation: Triple step forward, R, L, R  
3&4            Step L forward, Step R to L, Step L forward  
5&6            Step R forward, Pivot ½ turn left to L (6:00), Make a ¼ turn left & step R to right (3:00)  
7&8            Step L behind R, Step R to right, Step L across R

**Begin Again**

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