

# Up & Down (위아래)

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Beginner  
編舞者: SoonYoung-Bae (KOR) - April 2022  
音樂: Up & Down - EXID



\* Intro : 16c (start on vocal)

\* No Tag

\* 1 Restart : After 16 counts on 7 Wall(9:00)

## S1[1-8] TOE STRUT, 1/4 L TOE STRUT \* 3(3:00)

1 2            toe touch RF forward, drop RF in place  
3 4            1/4 L LF forward(9:00), drop LF in place  
5 6            1/4 L RF forward(6:00), drop RF in place  
7 8            1/4 LF forward(3:00), drop LF in place

## S2[9-16] FWD ROCK, RECOVER, ANCHOR, WALK BACK \* 2, COASTER(3:00)

1 2            rock RF forward, step LF in place  
3&4           step RF back, step LF in place, step RF in place  
5 6            walk back LF - RF  
7&8           step LF back, step RF beside LF, step LF forward

\* RESTART HERE : 7 Wall(9:00)

## S3[17-24] CROSS -SIDE POINT(R-L), CROSS TOE POINT, SIDE TOE POINT, 1/4 R SAILOR(6:00)

1 2            cross RF over LF, side point LF to L  
3 4            cross LF over RF, side point RF to R  
5 6            toe point RF over LF, toe point RF side to R  
7&8           1/4 R RF behind LF(6:00), step LF beside RF, step RF side

## S4[25-32] FWD MAMBO, BACK MAMBO, SIDE MAMBO, 1/4 L MONTRAY(3:00)

1&2           rock LF forward, step RF in place, step LF slightly back  
3&4           rock RF back, step LF in place, step RF slight forward  
5&6           rock LF side, step RF in place, step LF beside RF  
7 8            side point RF to R, step RF beside LF with turning to 1/4 L(3:00) and dragging RF to LF

\* Ending : 1/4 L Montary change 1/2 L Montary(12:00)

Dance Is The Best Play! Have Fun! ☐

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