

# Down and UP

拍數: 32      牆數: 2      級數: Improver  
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音樂: Up - INNA



(16 Counts Intro)

Phrasing - 2 Restarts

**(1-8) Walk Forward R, L. Right Mambo. Walk Back L. R. Sailor ¼ Turn L.**

1-2            Walk forward R. Walk forward L.  
3&4           Rock forward on R. Recover on L. Step back on R.  
5-6           Step back L. Step back R.  
7&8           Sweep step L behind R. Turn ¼ turn left stepping R to right side. Step L in place (9)

**(9-16) R Cross Samba. L Cross Samba ¼ Turn L. Point Side R, L. Heel Touches.**

1&2           Step R across L. Step on ball of L to left side. Recover on R.  
3&4           Step L across R. ¼ turn L, stepping on ball of R to R side. Recover on L. (6)  
5&6&        Point L. to L side. Step L next to R. Point R. to R side. Step R. next to L.  
7&8&        Touch R heel forward. Step R. next to L. Touch L. heel forward. Step L. next to R.

**Restart 1 - on wall 2, facing 12 o'clock**

**Restart 2 - on wall 6, facing 12 o'clock**

**(17-24) Step Pivot ½ Turn L. Hip Bumps R & L. Step Forward, Together, Back.**

1-2           Step forward on R, Pivot ½ turn left. (12)  
3&4           Touch R diagonally R bump hip R. Bump hip L. Take weight on R.  
5&6           Touch L diagonally L, bump hip L. Bump hip R. Take weight on L.  
7&8           Step forward on R. Step L next to R. Step back on R.

**(25-32) Step Back. Together. Step, L Lock Step. Pivot ½ Turn Left. Full Turn Left.**

1-2           Step long step back on L. Drag R stepping next to L.  
3&4           Step forward on L, Lock step R behind L, Step forward on L.  
5-6           Step forward on R. Pivot ½ turn L. (6)  
7-8           Turn ½ turn L stepping back on R. Turn ½ turn L stepping forward on L. (6)

**(Option: to skip full turn step forward R. L. )**

**Enjoy and Happy Dancing**

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