

# Up & Down

拍數: 32      牆數: 4      級數: High Intermediate  
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音樂: Up & Down - The Chainsmokers & 347aidan



Intro: 32 counts

## [S1] Fwd, Fwd, Chase Turn 1/2L-Fwd, 2x Syncopated Rocking Chair

1 2      Walk forward on R-L  
3&4      Step forward on R, Make a ½ turn left recover weight on L (6:00), Step forward on R  
5&6&      Rock forward on L, Replace weight on R, Rock back on L, Replace weight on R  
7&8      Rock forward on L, Replace weight on R, Touch back on L

## [S2] Fwd-1/4L-Point, Step-Pivot 3/4R-Point, Syncopated V Step, Out-Out-Back w/ Hook

1&2      Step forward on L, Make a ¼ turn left stepping R beside L (3:00), Point L to the side  
3&4      Step forward on L, Make a ¾ turn left recover weight on R (12:00), Point L to the side  
5&6&      Step diagonally forward on R, Step diagonally forward on L, Return R to the centre, Return L to the centre  
7&8      Step diagonally forward on R, Step diagonally forward on L, Step back on R and hook R in front

## [S3] Fwd-Chase Turn 1/2R, Fwd-Chase Turn 1/4L, Cross Shuffle Turn 1/2R, Unwind Cross Shuffle Turn 1/2L

1&2      Step forward on R, Step forward on L, Make a ½ turn right recover weight on R (6:00)  
3&4      Step forward on L, Step forward on R, Make a ¼ turn left recover weight on L (3:00)  
5&6      Cross R over L, Making a ½ turn right step back on L, Cross R over L (9:00)  
7&8      Make a ¼ unwind turn left stepping L to the side, Making a ¼ turn left step back on R, Cross L over R (3:00)

## [S4] Out-Out, Pull, &-Side, Pull, &-Cross-1/2L, Body Roll, Sit Back

&1 2      Step out/side on R, Step/press the left foot to the side and lean your upper body to the left, shift your weight to the right toes and lean your upper body to the right  
&3 4      Ball step L next to R, Step/touch R toes to the side and lean your upper body to the left, shift your weight to the right foot and lean your upper body to the right  
&5 6      Ball step L next to R, Cross R over L, Make a ½ turn left recover weight on R pointing L toes forward (9:00)  
7 8      Body roll forward, Step/sit back on L hitching R knee

**Fun option: When the sound of the music change in the last 8 counts, you can modify the steps in the final section (recommended on wall 2 and 4)– Out-Out, Hold, &-Cross, Hold, Out-Out, Hold, &-Cross-Unwind 1/2L**

&1 2      Step out on R, Step out on L weight remains on R, Hold  
&3 4      Step L to the centre, Cross R over L weight remains on L, Hold  
&5 6      Step out on R, Step out on L weight remains on R, Hold  
&7 8      Step L to the centre, Cross/touch R over L, Make a ½ unwind turn left weight ends on L

No tags or restarts

The last wall ends facing 9:00. Walk forward on R-L. Then, Pivot ¾ turn left to the front.