

# Up And Down And In Between

拍數: 64      牆數: 4      級數: Intermediate/Advanced  
編舞者: Chris Jackson (UK)  
音樂: What's In It for Me - Faith Hill



## RIGHT, LEFT, FORWARD AND BACK, BACK AND FORWARD, ½ PIVOT LEFT

1-2            Forward right, forward left  
3&4           Forward right, bring weight back on to left, back right  
5&6           Back left, bring weight back on to right, forward left  
7-8           Forward right, ½ pivot left

## ¾ TURN LEFT, SIDE AND RECOVER, CROSS AND BACK, CROSS AND BACK

9&10          Turn ¾ forward left stepping right, left, right  
11-12        Side left, bring weight back on to right  
13&14        Cross left forward in front of right, bring weight back on to right, side left  
15&16        Cross right forward in front of left, bring weight back on to left, side right

## SKATE LEFT, SKATE RIGHT, SKATE LEFT, SKATE RIGHT

17-18        Skate left across in front of right (at an angle of 2:00)  
19-20        Pivot left and skate right across in front of left (at an angle of 10:00)  
21-22        Pivot right and skate left across in front of right (at an angle of 2:00)  
23-24        Pivot left and skate right across in front of left (at an angle of 10:00)

**17-24: bend knees, drop hips, and make feet across floor**

## FORWARD AND BACK, ½ TURN LEFT, FORWARD AND BACK, ¼ TURN RIGHT, CHASSE RIGHT

25-26        Forward left (12:00), bring weight back on to right  
27&28        Triple step left, right, left turning ½ left  
29-30        Forward right, bring weight back on to left  
31&32        Side right turning ¼ right, bring left next to right, side right

## CROSS, SIDE, BEHIND/SIDE/CROSS, SIDE AND RECOVER, BEHIND/SIDE/STEP, ½ PIVOT, ½ TURN, BACK, ROCK, ¼ TURN LEFT, CHASSE RIGHT

33-34        Cross left over right, side right  
35&36        Left behind right, side right, cross left over right  
37-38        Side right, bring weight back on to left  
39&40        Right behind left, side left, forward right  
41-42        Forward left, ½ pivot right  
43&44        Triple step left, right, left turning ½ right  
45-46        Back right, forward left  
47&48        Side right turning ¼ left, bring left next to right, side right

## RONDE LEFT/RIGHT/LEFT/RIGHT, FORWARD LEFT, HALF PIVOT RIGHT KICK-BALL CHANGE, TWIST AND TWIST AND TWIST AND TWIST

49-50        Ronde left backwards around right turning ½ left  
51-52        Ronde right backwards around left turning ½ right  
53-54        Ronde left backwards around right turning ½ left  
55-56        Ronde right backwards around left turning ½ right  
57-58        Forward left, ½ pivot right  
59&60        Left kick ball change  
61&          Twist left, right  
62&          Twist left, right

63& Twist left, right

64 Twist left

**61-64: use hips to turn ½ left during twists**

**REPEAT**

**TAGS**

**Fifth wall: when the guitar solo begins add two extra steps forward (right/left) before starting the fifth wall (so the count at the start of the fifth wall is: 1-2, 1-2-3&4)**

**Sixth wall: when Faith holds a very long note at the end of the fifth wall add four extra steps forward (right/left/right/left) before starting the sixth wall (so the count at the start of the sixth wall is: 1-2-3-4, 1-2-3&4)**

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