

# Up, Down & In Between

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Lou Ecken (USA)  
音樂: What's In It for Me - Faith Hill



## JUMP UP, DOWN, TOUCH RIGHT AND LEFT, PADDLE TURN ½ TO THE RIGHT

- 1-2      Jump up on toes, settle back down both feet (crouching slightly)
- 3-4      Touch right toe to right side (replace), touch left toe out to left side (weight on right)
- 5-6      Push left foot into floor and turn ¼ right, push left into floor and turn ¼ right
- 7-8      Push left foot into floor and turn ¼ right, step left next to right with ¼ turn to front

## RIGHT SCUFF, STEP, TOUCH, SLIDE, STEP, TOUCH; LEFT SCUFF, STEP, TOUCH SLIDE, STEP, TOUCH

- 1&2      Scuff right, step right in front, touch left next to right
- 3&4      Slide left foot back, step right next to left, touch left in place
- 5&6      Scuff left, step left in front, touch right next to left
- 7&8      Slide right foot back, step left next to right, step right in place

## OUT-OUT-IN-IN, CROSS TURN, RIGHT LOCK SHUFFLE, LEFT LOCK SHUFFLE

- &1&2      Step left to left side, step right to right side, step left under body, touch right next to left
- 3-4      Cross right over left, pivot ½ turn to the left on both feet (end weight on left)
- 5&6      Step forward on right, lock left behind right, step forward on right
- 7&8      Step forward on left, lock right behind left, step forward on left

## TURNING TRIPLE STEP, SWEEP TURN, FUNKY PRANCES

- 1&2      Step forward on right, pivot ½ turn left & step forward on left, step right next to left
- 3-4      With weight on right, sweep left foot around ½ turn and replace next to right
- 5-8      Prance right-left-right-left to the front (use your own funky styling!)

## REPEAT

## RESTART

Restart after count 16 on walls 3 and 5

## TAG

After walls 9 and 11

- 1-4      Just freestyle!