Up Down (上上下下) (zh)

Count: 0 **Wall:** 4 **Level:** Advanced
Choreographer: Debbie McLaughlin (UK) & Joey Warren (USA) - 2009年09月
Music: Up Down - Jessica Mauboy

前奏： 8 counts after beat comes in on lyrics
舞序順序：A B C D A B C C D D E E E E C C D D D D C

PART A **32拍**

第一段 **Step Knee Knee, Drag and Cross, ¼, ½, Out Out and Step**
踏膝膝, 拖併交叉, 1/4 1/2, 外外併踏

1&2 Step R to R, Pop R knee in, Pop R knee out (taking weight)
右足右踏, 右膝轉內, 右膝轉外(重心在右足)

3&4 Drag L to R, Step down on L, Cross R over L
左足拖併, 左足踏, 右足於左足前交叉踏

5–6 Make ¼ turn R stepping back on L, Make ½ turn R stepping fwd R
右轉90度左足後踏, 右轉180度右足前踏

&7&8 Step L out to L, Step R out to R, Step L to centre, Step fwd on R
左足左踏, 右足右踏, 左足併踏, 右足前踏

第二段 **And Back Drag, and Turn and Touch, Step Step, ¼ and Step**
併後拖, 併轉併點, 外 外, 1/4併踏

&1-2 Hitch L knee up, Step back on L, Drag R back
左膝抬, 左足後踏, 右足後拖併

&3&4 Step back on R, Make ½ turn L stepping fwd L, Step R to R, Touch L behind R 右足後踏, 左轉180度左足前踏, 右足右踏, 左足於右足後點

5–6 Step L out to L, Step R out to R 左足左踏, 右足右踏

7&8 Make ¼ L stepping L fwd, Step R to L, Step fwd on L
左轉90度左足前踏, 右足併踏, 左足前踏

第三段 **Out Out, Hold, Toe Heel Toe, Tap and Tap and Big Step Forward**
外 外 候, 趾 踵 趾, 點併點併 前大步併

&1-2 Make ½ L stepping R to R, step L to L, Hold
左轉180度右足右踏, 左足左踏, 候

3&4 Swivel R toe in towards L, Swivel R heel in, Swivel R toe to centre
右足趾轉向左, 右足踵轉向內, 右足趾回原位

5&6& Tap R toe fwd, Step R beside L, Tap L toe fwd, Step L beside R
右足趾前點, 右足併踏, 左足趾前點, 左足併踏

7-8 Make big step fwd on R, Step L next to R
右足前一大步, 左足併踏

第四段 **Mambo Step, Mambo Step, Cross Back Side, Touch Touch**
右曼波, 左曼波, 交叉後旁, 點點

1&2 Rock R to R, Recover weight to L, Step R beside L
右足右下沉, 左足回復, 右足併踏

3&4 Rock L to L, Recover weight to R, Step L beside R
左足左下沉, 右足回復, 左足併踏

5-7 Cross R over L, Step back on L, Step R to R
右足於左足前交叉踏, 左足後踏, 右足右踏

&8 Touch L next to R, Touch L to L
左足併點, 左足左點

PART B **16拍**

第一段 **Cross and Step, Cross and Step, Cross and Step, Cross and Step**
交叉側下沉回復, 交叉側下沉回復, 交叉側下沉回復, 交叉側下沉回復

1&2 Cross L over R, Rock R out to R, Recover weight to L
左足於右足前交叉踏, 右足右下沉, 左足回復

3&4 Cross R over L, Rock L out to L, Recover weight to R
右足於左足前交叉踏, 左足左下沉, 右足回復

5&6 Cross L over R, Rock R out to R, Recover weight to L
左足於右足前交叉踏, 右足右下沉, 左足回復

7&8 Cross R over L, Rock L out to L, Recover weight to R
右足於左足前交叉踏, 左足左下沉, 右足回復

(Please note you should be travelling forward on these steps)
這些舞步會是向前移動

第二段 **Cross Rock Step, Cross Rock Step, Tap and Tap and Kick Knees Together**
交叉下沉踏, 交叉下沉踏, 點併點併, 踢膝併

1&2 Cross rock L over R, Recover weight back on R, Step L to L
左足於右足前交叉下沉, 右足回復, 左足左踏

3&4 Cross rock R over L, Recover weight back on L, Step R to R
右足於左足前交叉下沉, 左足回復, 右足右踏

5&6& Tap L fwd, Step back on L, Tap R fwd, Step back on R
左足前點, 左足後踏, 右足前點, 右足後踏

7&8 Kick L fwd, Step L in place popping both knees fwd, Straighten up – weight L 左足前踢, 左足踏雙膝彈, 伸直重心在左足

PART C **32拍**

第一段 **Step Swivel Swivel, Knee Pops, and Touch x4, Full Turn**
踏旋轉旋轉,膝彈, 併點四次, 轉圈

1&2 Step R to R, Swivel R heel out, Swivel back to centre
右足右踏, 右足踵轉向外, 轉回

&3&4 Pop both knees fwd, Straighten knees weight R, Step L beside R, Touch R to R z雙膝前彈, 雙膝伸直重心在右足, 左足併踏, 右足右點

&5&6 Step R beside L, Touch L to L, Step L beside R, Touch R heel fwd
右足併踏, 左足左點, 左足併踏, 右足踵前點

&7-8 Step R beside L, Touch L toe back, Make full turn L hitching L knee up
右足併踏, 左足趾後點, 左轉圈左膝抬

第二段 **And Step Touch, Step Touch, Step Touch, Step Touch**
併踏點, 踏點, 踏點, 踏點

&1-2 Step down on L, Step R to R diagonal, Tap L next to R
左足踏, 右足右斜前踏, 左足併點

3–4 Step L to L diagonal, Tap R next to L
左足左斜前踏, 右足併點

5–6 Step R to R diagonal, Tap L next to R
右足右斜前踏, 左足併點

7–8 Step L to L diagonal, Tap R next to L
左足左斜前踏,右足併點

第三段 **Heel and Heel, ¼ Hitch Touch, Touch Step, Step Half Turn**
踵併踵, 1/4抬點, 點踏, 踏轉圈

1&2& Touch R heel fwd, Step R beside L, Touch L heel fwd, Step L next to R
右足踵前點, 右足併踏, 左足踵前點, 左足併點

3&4 Make ¼ turn R hitching R knee, Step back on R, Touch L toe back
右轉90度右膝抬, 右足後踏, 左足趾後點

5–6 Touch L toe fwd, Step L back
左足趾前點, 左足後踏

7&8 Step back on R, Make ½ turn L stepping fwd L, Step R slightly out to R 右足後踏, 左轉180度左足前踏, 右足略右踏

第四段 Punch Punch Together, Tilt Centre Turn, Tilt Centre, Punch Punch Down
打打併, 斜回轉, 斜回, 打打下

1&2 Step L to L diagonal whilst punching L arm fwd, Step R to R diagonal whilst punching R arm fwd (both arms should be raised), Bend both arms at elbow and bring them in to chest level (fists facing each other)
左足左斜前踏左手前拳打, 右足右斜前踏右手前拳打(雙手都抬高), 彎雙手肘在胸部位置(左右拳頭面對)

&3-4 Keeping fists together tilt L elbow down and R elbow up, Tilt arms back to centre (prepping to turn L), Make ½ turn L stepping L to L (keep arms up)
雙拳合併左肘下右肘上, 雙肘回原位, 左轉180度左足左踏(雙手仍抬高)

5&6& Keeping fists together tilt L elbow down and R elbow up, Tilt arms back to centre, Punch R arm fwd, Punch L arm fwd
雙拳合併左肘下右肘上, 雙肘回原位, 右拳打向前, 左拳打向前

7&8 Drop arms down to sides, Hitch L knee up, Step down on L
雙手放下, 左膝抬, 左足踏

PART D **8拍**

第一段 Back and Back, Back and Back, Step Step, Turn Out Together
後併後, 後併後, 踏, 踏, 轉外併

1&2 Step back on R slightly raising L knee, Step down on ball of L, Step back on R slightly raising L knee
右足後踏左膝抬, 左足踏, 右足後踏左膝抬

3&4 Step back on L slightly raising R knee, Step down on ball of R, Step back on L slightly raising R knee
左足後踏右膝抬, 右足踏, 左足後踏右膝抬

5–6 Step back on R, Make ½ turn L stepping fwd L
右足後踏, 左轉180度左足前踏

7&8 Step R beside L, Jump both feet apart, Jump together (weight should be on L) 右足併踏, 雙腳分開, 雙腳跳併(重心在左足)

PART E (NC2) **8拍**

第一段 Side Rock and, ¼, ½, Up Up, Back Back Turn, Rock Recover ¼, ½
側, 下沉回復, 1/4, 1/2, 抬抬,後後轉, 下沉回復1/4, 1/2

1-2& Step R to R side, Rock L behind R, Recover weight to R
右足右踏, 左足後下沉, 右足回復

3&4& Make ¼ turn R stepping back on L, Make ½ turn R stepping fwd on R, Step fwd on L coming up on toes, Step fwd on R coming up on toes
右轉90度左足後踏, 右轉180度右足前踏, 左足趾前踏, 右足趾前踏

5-6& Step back on L dragging R, Step back R, Make ¼ turn L stepping L to L side 左足後踏右足拖併, 右足後踏, 左轉90踏左足左踏

7&8& Rock R across L, Recover weight L, Make ¼ turn R stepping fwd R, Make ½ turn R stepping L back
右足於左足前交叉下沉, 左足回復, 右轉90度右足前踏, 右轉180度左足後踏