

# I Was Down But Now I'm Up

**COPPER** KNOB  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Becky Shenefiel (USA) - April 2025

**Music:** Up! - Forrest Frank & Connor Price

or: Stray Cat Strut - Stray Cats



**Intro: 32 count**

## **S1: K-STEP**

- 1-2 Step R foot fwd diagonally to right, touch L beside R (clap)
- 3-4 Step L foot back diagonally to left, touch R beside L (clap)
- 5-6 Step R foot back diagonally to right, touch L beside R (clap)
- 7-8 Step L foot fwd diagonally to left, touch R beside L, (clap)

## **S2: R & L TOE-HEEL STRUTS, R COASTER STEP, HOLD**

- 1-4 Step R ball of foot fwd, drop R heel, step L ball of foot fwd, drop L heel
- 5-8 Step R foot back, step L foot back beside right, step R foot fwd, Hold

## **S3: L & R TOE-HEEL STRUTS, L COASTER STEP, HOLD**

- 1-4 Step L ball of foot fwd, drop L heel, step R ball of foot fwd, drop R heel
- 5-8 Step L foot back, step R foot back beside right, step L foot fwd, Hold

## **S4: R VINE, 1/ 4 L VINE TURN**

- 1-4 Step R to right side, step L behind right, step R to right side, touch L beside
- 5-8 Step L to left side, step R behind L, turning 1/ 4 to left step L to side, touch R beside L

**NO TAGS OR RESTARTS**

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