## Up And Down And In Between

Count: 64
Wall: 4
Level: Intermediate/Advanced
Choreographer: Chris Jackson (UK)
Music: 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
$3 \& 4 \quad$ 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, $1 / 2$ pivot left

| $3 / 4$ TURN LEFT, | SIDE AND RECOVER, CROSS AND BACK, CROSS AND BACK |
| :--- | :--- |
| $9 \& 10$ | Turn $3 / 4$ 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, $1 / 2$ TURN LEFT, FORWARD AND BACK, $1 / 4$ TURN RIGHT, CHASSE RIGHT
25-26 Forward left (12:00), bring weight back on to right
27\&28 Triple step left, right, left turning $1 / 2$ left
29-30 Forward right, bring weight back on to left
31\&32 Side right turning $1 / 4$ right, bring left next to right, side right
CROSS, SIDE, BEHIND/SIDE/CROSS, SIDE AND RECOVER, BEHIND/SIDE/STEP, $1 / 2$ PIVOT, $1 ⁄ 2$ TURN, BACK, ROCK, $1 / 4$ 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, $1 / 2$ pivot right
43\&44 Triple step left, right, left turning $1 / 2$ right
45-46 Back right, forward left
47\&48 Side right turning $1 / 4$ 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 $1 / 2$ left
51-52 Ronde right backwards around left turning $1 / 2$ right
53-54 Ronde left backwards around right turning $1 / 2$ left
55-56 Ronde right backwards around left turning $1 / 2$ right
57-58 Forward left, $1 / 2$ pivot right
59\&60 Left kick ball change
61\& Twist left, right
62\& Twist left, right

61-64: use hips to turn $1 / 2$ 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)

