

# Up And Down And In Between

**COPPER** KNOB  
STEPSHEETS

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 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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