

# UP Down

**COPPER** **KNOB**  
STEPSHEETS

拍数: 64                      墙数: 4                      级数: Intermediate  
编舞者: Pooi Kuan (MY) - July 2015  
音乐: Up & Down - EXID



Dance Start after 16 counts.

**INTRO (32 counts) / TAG (16 counts) / ENDING (32 counts)**

**Section I1: □Body /Heel Twist Up & Down, Open Apart**

1&2&                      Twist both heel to Left (1), Right (&) with body up, Left (2), Right (&) with body down  
3&4&                      Twist both heel to Left (3), Right (&) with body up, Left (4), Right (&) with body down  
5&6&                      Twist both heel to Left (1), Right (&) with body up, Left (2), Right (&) with body down  
7&8                        Twist both heel to Left (3), Right (&) with body up, Jump Apart (8)

**Section I2: □Knee Pop, Chest Pop, Jump together, Forward Walk**

1 2 3 4                    Pop right knee in, pop left knee in, Pop chest In, Jump together  
5 6 7 8                    Walk forward on RF,LF,RF, Step LF together with RF

**Section I3: □Same as Section 1**

**Section I4: □Knee Pop, chest Pop, Jump together, Walk Back**

1 2 3 4                    Pop right knee in, pop left knee in, Pop chest In, Jump together  
5 6 7 8                    Walk back on RF,LF,RF, Step LF together with RF

**DANCE (32 counts)**

**Section 1: □Small Hop to R, Touch, Hip Roll, Touch, Turn 1/4L Bend Knee, Up, 1/2R Turn**

1 2 3 4                    Small Hop to Right, Touch LF to L, Roll Hip anticlockwise (change weight to LF), Touch RF beside LF ,  
5 6 7 8                    Turn 1/4L with bend both knee down & Up, Turn 1/2R, step RF to R

**Section 2: □Paddle Full Turn**

1 2 3 4                    Step RF Forward, Turn 1/4L, Step RF Forward, Turn 1/4L,  
5 6 7 8                    Step RF Forward, Turn 1/4L, Step RF Forward, Turn 1/4L,

**Section 3: □Big Step to Right, Step in Place, Kick Ball Touch, Big Step to Left, Step in Place, Scuff Out Out**

1&2 3&4                    Big Step RF to R, Step LF, RF in place, Kick RF forward, Step on ball on RF, Touch LF beside RF  
5&6 7&8                    Big Step LF to L, Step RF, LF in place, Scuff RF, Step RF to R, Step LF to L

**Section 4: □Touch Forward, Twist, Step Forward, Pivot 1/2L turn, Big Step, Step together**

1&2&3&4&                    Touch RF Forward twist right heel out, in 4x  
5 6 7 8                    Step RF Forward, Pivot 1/2L Turn, Big step RF Forward, Step RF together.

**INTRO □: Facing 12:00**

**TAG □: Dance After wall 3 facing 3:00, dance 16 counts then start dance again**

**ENDING □: Dance after wall 8 facing 12:00**

~~~ Enjoy! ~~~□□

Contact: Christy\_338@yahoo.com