

# Up And Down And In Between

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate/Advanced  
编舞者: Chris Jackson (UK)  
音乐: 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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