

# UP Down

**COPPER** KNOB  
STEPPERS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Pooi Kuan (MY) - July 2015  
音樂: 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! ~~~☐☐

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