

I Was Down But Now I'm Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Becky Shenefiel (USA) - April 2025
音樂: Up! - Forrest Frank & Connor Price
或: Stray Cat Strut - Stray Cats



Intro: 32 count

S1: K-STEP

1-2 Step R foot fwd diagonally to right, touch L beside R (clap)
3-4 Step L foot back diagonally to left, touch R beside L (clap)
5-6 Step R foot back diagonally to right, touch L beside R (clap)
7-8 Step L foot fwd diagonally to left, touch R beside L, (clap)

S2: R & L TOE-HEEL STRUTS, R COASTER STEP, HOLD

1-4 Step R ball of foot fwd, drop R heel, step L ball of foot fwd, drop L heel
5-8 Step R foot back, step L foot back beside right, step R foot fwd, Hold

S3: L & R TOE-HEEL STRUTS, L COASTER STEP, HOLD

1-4 Step L ball of foot fwd, drop L heel, step R ball of foot fwd, drop R heel
5-8 Step L foot back, step R foot back beside right, step L foot fwd, Hold

S4: R VINE, 1/ 4 L VINE TURN

1-4 Step R to right side, step L behind right, step R to right side, touch L beside
5-8 Step L to left side, step R behind L, turning 1/ 4 to left step L to side, touch R beside L

NO TAGS OR RESTARTS