

Up Down

拍數: 0 牆數: 4 級數: Phrased Advanced
編舞者: Debbie McLaughlin (UK) & Joey Warren (USA) - September 2009
音樂: Up Down - Jessica Mauboy



Count in: 8 counts after beat comes in on lyrics
Sequence – ABCDABCCDDEEEECDDDDC (Don't be scared!!)

PART A

Step Knee Knee, Drag and Cross, ¼, ½, Out Out and Step

1&2 Step R to R, Pop R knee in, Pop R knee out (taking weight)
3&4 Drag L to R, Step down on L, Cross R over L
5 – 6 Make ¼ turn R stepping back on L, Make ½ turn R stepping fwd R
&7&8 Step L out to L, Step R out to R, Step L to centre, Step fwd on R

And Back Drag, and Turn and Touch, Step Step, ¼ and Step

&1-2 Hitch L knee up, Step back on L, Drag R back
&3&4 Step back on R, Make ½ turn L stepping fwd L, Step R to R, Touch L behind R
5 – 6 Step L out to L, Step R out to R
7&8 Make ¼ L stepping L fwd, Step R to L, Step fwd on L

Out Out, Hold, Toe Heel Toe, Tap and Tap and Big Step Forward

&1-2 Make ½ L stepping R to R, step L to L, Hold
3&4 Swivel R toe in towards L, Swivel R heel in, Swivel R toe to centre
5&6& Tap R toe fwd, Step R beside L, Tap L toe fwd, Step L beside R
7 – 8 Make big step fwd on R, Step L next to R

Mambo Step, Mambo Step, Cross Back Side, Touch Touch

1&2 Rock R to R, Recover weight to L, Step R beside L
3&4 Rock L to L, Recover weight to R, Step L beside R
5-6-7 Cross R over L, Step back on L, Step R to R
& 8 Touch L next to R, Touch L to L

PART B

Cross and Step, Cross and Step, Cross and Step, Cross and Step

1&2 Cross L over R, Rock R out to R, Recover weight to L
3&4 Cross R over L, Rock L out to L, Recover weight to R
5&6 Cross L over R, Rock R out to R, Recover weight to L
7&8 Cross R over L, Rock L out to L, Recover weight to R

(Please note you should be travelling forward on these steps)

Cross Rock Step, Cross Rock Step, Tap and Tap and Kick Knees Together

1&2 Cross rock L over R, Recover weight back on R, Step L to L
3&4 Cross rock R over L, Recover weight back on L, Step R to R
5&6& Tap L fwd, Step back on L, Tap R fwd, Step back on R
7&8 Kick L fwd, Step L in place popping both knees fwd, Straighten up – weight L

PART C

Step Swivel Swivel, Knee Pops, and Touch x4, Full Turn

1&2 Step R to R, Swivel R heel out, Swivel back to centre
&3&4 Pop both knees fwd, Straighten knees weight R, Step L beside R, Touch R to R
&5&6 Step R beside L, Touch L to L, Step L beside R, Touch R heel fwd
&7-8 Step R beside L, Touch L toe back, Make full turn L hitching L knee up

And Step Touch, Step Touch, Step Touch, Step Touch

- &1-2 Step down on L, Step R to R diagonal, Tap L next to R
3 – 4 Step L to L diagonal, Tap R next to L
5 – 6 Step R to R diagonal, Tap L next to R
7 – 8 Step L to L diagonal, Tap R next to L

Heel and Heel, ¼ Hitch Touch, Touch Step, Step Half Turn

- 1&2& Touch R heel fwd, Step R beside L, Touch L heel fwd, Step L next to R
3&4 Make ¼ turn R hitching R knee, Step back on R, Touch L toe back
5 – 6 Touch L toe fwd, Step L back
7&8 Step back on R, Make ½ turn L stepping fwd L, Step R slightly out to R

Punch Punch Together, Tilt Centre Turn, Tilt Centre, Punch Punch Down

- 1&2 Step L to L diagonal whilst punching L arm fwd, Step R to R diagonal whilst punching R arm fwd (both arms should be raised), Bend both arms at elbow and bring them in to chest level (fists facing each other)
&3-4 Keeping fists together tilt L elbow down and R elbow up, Tilt arms back to centre (prepping to turn L), Make ½ turn L stepping L to L (keep arms up)
5&6& Keeping fists together tilt L elbow down and R elbow up, Tilt arms back to centre, Punch R arm fwd, Punch L arm fwd
7&8 Drop arms down to sides, Hitch L knee up, Step down on L

PART D**Back and Back, Back and Back, Step Step, Turn Out Together**

- 1&2 Step back on R slightly raising L knee, Step down on ball of L, Step back on R slightly raising L knee
3&4 Step back on L slightly raising R knee, Step down on ball of R, Step back on L slightly raising R knee
5 – 6 Step back on R, Make ½ turn L stepping fwd L
7&8 Step R beside L, Jump both feet apart, Jump together (weight should be on L)

PART E (NC2)**Side Rock and, ¼, ½, Up Up, Back Back Turn, Rock Recover ¼, ½**

- 1-2& Step R to R side, Rock L behind R, Recover weight to R
3&4& Make ¼ turn R stepping back on L, Make ½ turn R stepping fwd on R, Step fwd on L coming up on toes, Step fwd on R coming up on toes
5-6& Step back on L dragging R, Step back R, Make ¼ turn L stepping L to L side
7&8& Rock R across L, Recover weight L, Make ¼ turn R stepping fwd R, Make ½ turn R stepping L back

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