

# UP DOWN

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**Count:** —                      **Wall:** 4                      **Level:** Phrased Advanced

**Choreographer:** Debbie McLaughlin (UK) & Joey Warren (USA) Sept 09

**Music:** "Up Down" By Jessica Mauboy

**Count in: 8 counts after beat comes in on lyrics**

**Sequence - ABCDABCCDDEEECCDDDDC (Don't be scared!!)**

## **PART A**

**Step Knee Knee, Drag and Cross,  $\frac{1}{4}$ ,  $\frac{1}{2}$ , 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  $\frac{1}{4}$  turn R stepping back on L, Make  $\frac{1}{2}$  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,  $\frac{1}{4}$  and Step**

- &1-2**            Hitch L knee up, Step back on L, Drag R back
- &3&4**            Step back on R, Make  $\frac{1}{2}$  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  $\frac{1}{4}$  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  $\frac{1}{2}$  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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