

Up Down (□□□□)

LINEDANCE.COM

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

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

Music: Up Down by Jessica Mauboy

□□□ **8 counts**

after beat comes in on lyrics

□□□□ **A B C D A B C C D D E E E E C C D D D D C**

PART A 32□

□□□

Step Knee Knee, Drag and Cross, $\frac{1}{4}$, $\frac{1}{2}$,

Out Out and Step

□□□ , □□□□ , $\frac{1}{4}$ $\frac{1}{2}$, □□□□

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

□□ **90**□□□□□ , □□ **180**□□□□□

&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, 1/4 and Step

□□□ , □□□□ , □ □ , 1/4□□

&1-2

Hitch L knee up, Step back on L, Drag R back

□□□ , □□□□ , □□□□

&3&4

Step back on R, Make 1/2 turn L stepping fwd L, Step R to R, Touch L

behind R □□□□ , □□ 180□□□□ , □□□□ , □□□□□□

5-6

Step L out to L, Step R out to R □□□□ , □□□□

7&8

Make 1/4 L stepping L fwd, Step R to L, Step fwd on L

□□ 90□□□□ , □□□□ , □□□□

□□□

Out Out, Hold, Toe Heel Toe, Tap and

Tap and Big Step Forward

□ □ □ , □ □ □ , □□□□ □□□□

&1-2

Make 1/2 L stepping R to R, step L to L, Hold

□□ 180□□□□ , □□□□ , □

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

□□□□□ , □□□□ , □□□□

5-7

Cross R over L, Step back on L, Step R to R

□□□□□□□□ , □□□□ , □□□□

&8

Touch L next to R, Touch L to L

□□□□ , □□□□

PART B 16

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Cross and Step, Cross and Step, Cross and Step, Cross

and Step

mso-font-kerning:0pt">□□□□□□□□ , □□□□□□□□ , □□□□□□□□ , □□□□□□□□

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)

□□□□□□□□

mso-font-kerning:0pt">□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Cross Rock Step, Cross Rock Step, Tap and Tap and Kick

Knees Together

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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 □□□□ , □□□□□□□□ , □□□□□□□□

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mso-font-kerning:0pt">Step Swivel Swivel, Knee Pops, and Touch x4, Full Turn

mso-font-kerning:0pt">□□□□ ,□□ , □□□□ , □□

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 z□□□□ , □□□□□□□□ , □□□□ , □□□□

&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

□□□□ , □□□□□□ , □□□□□□

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mso-font-kerning:0pt">

mso-font-kerning:0pt">And Step Touch, Step Touch, Step Touch, Step Touch

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&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

□□□□□ , □□□□

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mso-font-kerining:0pt">

mso-font-kerining:0pt">Heel and Heel, ¼ Hitch Touch, Touch Step, Step Half

Turn

mso-font-kerining:0pt">□□□

mso-font-kerining:0pt">, 1/4□□ , □□ , □□□

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

□□ 90□□□□□ , □□□□□ , □□□□□

5-6

Touch L toe fwd, Step L back

□□□□ , □□□

7&8

Step back on R, Make 1/2 turn L stepping fwd L, Step R slightly out to R □□□ , □ 180

□□□□ , □□□□

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mso-font-kerning:0pt">**Punch Punch Together, Tilt Centre Turn, Tilt Centre,**

Punch Punch Down

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mso-font-kerning:0pt">, □□ , □□ , □□

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 1/2 turn L stepping L to L (keep arms up)

□□□□□□□□ , □□□□ , □ 180□□□□ (□□□□)

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 8

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mso-font-kerning:0pt">Back and Back, Back and Back, Step Step, Turn Out

Together

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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 1/2 turn L stepping fwd L

□□□□ , □□ 180□□□□

7&8

Step R beside L, Jump both feet apart, Jump together (weight should be

on L) □□□□ , □□□□ , □□□□ (□□□□)

PART E (NC2) 8□

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mso-font-kerning:0pt">Side Rock and, $\frac{1}{4}$, $\frac{1}{2}$, Up Up, Back Back Turn, Rock

Recover $\frac{1}{4}$, $\frac{1}{2}$

mso-font-kerning:0pt">□ , □□□□ , $\frac{1}{4}$, $\frac{1}{2}$,

mso-font-kerning:0pt">□□

mso-font-kerning:0pt">,□□□□ , □□□□ $\frac{1}{4}$, $\frac{1}{2}$

1-2&

Step R to R side, Rock L behind R, Recover weight to R

□□□□ , □□□□□□ , □□□□

3&4&

Make $\frac{1}{4}$ turn R stepping back on L, Make $\frac{1}{2}$ turn R stepping fwd on R, Step

fwd on L coming up on toes, Step fwd on R coming up on toes

□□ 90□□□□□□ , □□ 180□□□□□□ , □□□□□□ , □□□□□□

5-6&

Step back on L dragging R, Step back R, Make $\frac{1}{4}$ turn L stepping L to L

side □□□□□□□□ , □□□□□□ , □□ 90□□□□□□

7&8&

Rock R across L, Recover weight L, Make $\frac{1}{4}$ turn R stepping fwd R, Make $\frac{1}{2}$

turn R stepping L back

□□□□□□□□ , □□□□ , □□ **90**□□□□□□ , □□ **180**□□□□□□

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=10457