

# UP, DOWN & IN BETWEEN

LINEDANCE.COM

**Count:** 32

**Wall:** 2

**Level:** beginner

**Choreographer:** Lou Ecken

**Music:** What's In It For Me by Faith Hill

## JUMP UP, DOWN, TOUCH RIGHT AND LEFT, PADDLE TURN $\frac{1}{2}$ TO THE RIGHT

- 1-2** Jump up on toes, settle back down both feet (crouching slightly)
- 3-4** Touch right toe to right side (replace), touch left toe out to left side (weight on right)
- 5-6** Push left foot into floor and turn  $\frac{1}{4}$  right, push left into floor and turn  $\frac{1}{4}$  right
- 7-8** Push left foot into floor and turn  $\frac{1}{4}$  right, step left next to right with  $\frac{1}{4}$  turn to front

## RIGHT SCUFF, STEP, TOUCH, SLIDE, STEP, TOUCH; LEFT SCUFF, STEP, TOUCH SLIDE, STEP, TOUCH

- 1&2** Scuff right, step right in front, touch left next to right
- 3&4** Slide left foot back, step right next to left, touch left in place
- 5&6** Scuff left, step left in front, touch right next to left
- 7&8** Slide right foot back, step left next to right, step right in place

## OUT-OUT-IN-IN, CROSS TURN, RIGHT LOCK SHUFFLE, LEFT LOCK SHUFFLE

- &1&2** Step left to left side, step right to right side, step left under body, touch right next to left
- 3-4** Cross right over left, pivot  $\frac{1}{2}$  turn to the left on both feet (end weight on left)
- 5&6** Step forward on right, lock left behind right, step forward on right
- 7&8** Step forward on left, lock right behind left, step forward on left

## TURNING TRIPLE STEP, SWEEP TURN, FUNKY PRANCES

- 1&2** Step forward on right, pivot  $\frac{1}{2}$  turn left & step forward on left, step right next to left
- 3-4** With weight on right, sweep left foot around  $\frac{1}{2}$  turn and replace next to right
- 5-8** Prance right-left-right-left to the front (use your own funky styling!)

**REPEAT**

**RESTART**

**Restart after count 16 on walls 3 and 5**

## **TAG**

### **After walls 9 and 11**

**1-4**      Just freestyle!

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=44760](https://www.linedance.com/index.php?f=dance_view&id=44760)