

UPS AND DOWNS

LINEDANCE.COM

Count: 64 **Wall:** 4 **Level:** beginner/intermediate

Choreographer: Jan Wyllie

Music: Life's Little Ups And Downs by Rooster Quantrell

- 1-2-3&4** Rock/step forward on right, rock back on left, making $\frac{1}{4}$ turn right triple step right-left-right
- 5-6-7-8** Rock/step forward on left, rock back on right, rock/step back on left, rock forward on right
- 9-10-11&12** Rock/step forward on left, rock back on right, making $\frac{1}{4}$ turn left triple step left-right-left
- 13-14-15-16** Rock/step forward on right, rock back on left, rock/step back on right, rock forward on left
- 17-18** Stomp forward on right, making $\frac{1}{2}$ turn left on ball of right kick left forward
- 19-20** Rock/step back on left, rock forward on right
- 21-22** Step forward on left, lock right behind left (lock step)
- 23&24** Shuffle forward left-right-left
- 25-26-27-28** Rock/step right to right, rock weight to left, step right behind left, step left to left
- 29-30-31-32** Step right across left, rock/step left to left, rock weight to right, step left behind right
- 33-34** Making $\frac{1}{4}$ turn right step right toe forward, drop right heel (toe strut)
- 35-36** Making $\frac{1}{4}$ turn right step left toe to left side, drop left heel (toe strut)
- 37-38** Rock/step right behind left, rock weight to left
- 39&40** Shuffle to the right right-left-right
- 41-42** Rock/step back on left, rock forward on right
- 43-44** Making a full turn right while moving forward step left-right (or just walk forward)

45-46 Step forward on left, pivot ½ turn right transferring weight to right

47&48 Shuffle forward left-right-left

49-50-51-52 Rock/step forward on right, rock back on left, step back on right, touch left beside right

53-54-55-56 Rock/step forward on left, rock back on right, step back on left, touch right beside left

57-58-59-60 Rock/step forward on right, rock back on left, step back on right, step left across right

61-62 Making ¼ turn left step back on right toe, step down on right heel (toe strut)

63&64 Making ½ turn left back over left shoulder shuffle forward left-right-left

REPEAT