

ROUND & ROUND & UP & DOWN

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Count: 38

Wall: 2

Level: intermediate

Choreographer: Ann Thomson-Buhler

Music: Round, Round, Up And Down by The Heptones

- 1&2&** Step back right, kick (low) left forward, step back left, step right together
- 3&4&** Step forward left, tap right toe together, step back right, kick left forward
- 5&6&** Step back left, step right together, step forward left, tap right toe together
- 7&8&** Step back right, kick (low) left forward, step back left, step right together
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- 1&2&** Step left to left, step right in place, step left together, step right in place
- 3&4&** Step left to left, step right in place, step left together, hold (weight on left)
- 5&6&** Step right to right, step left in place, step right together, step left in place
- 7&8&** Step right to right, step left in place, step right together, step left in place
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- 1&2&** Turn $\frac{1}{4}$ left rock right to right, rock left to left, cross right over left, hold
- 3&4&** Rock left to left, rock right to right, cross left over right, hold
- 5&6&** Step back right, lock/step left over right, step back right, hold
- 7&8&** Step back left, step right together, step forward left, step right together
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- 1&2&** Step forward left, scuff right, step forward right, scuff left
- 3&4&** Step forward left, $\frac{1}{2}$ turn right (weight on right), step forward left, hold
- 5&6&** Step forward right, $\frac{1}{2}$ turn left (weight on left), step forward right, hold
- 7&8&** Step forward left, rock back right, turn $\frac{1}{4}$ left stepping left to left, hold
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- 1&2&** Rock right to right, rock left to left, cross right over left, hold
- 3&4&** Step left to left, hip bumps left-right-left-right

5&6& Step/rock forward left, step right in place, step back left, hold

REPEAT

TAG

At end of 3rd wall add

33&34& Bump hips right-left-right-left

Start again

TAG

At end of 5th & 6th walls, add the following

33& Rock right to right, rock left to left, cross right over left, hold

34& Rock left to left, rock right to right, cross left over right, hold

35& End 7th wall to face front after count 20&

36& Step forward right, pivot $\frac{3}{4}$ turn left on left, step quickly onto right, bring left together