

UP N' DOWN

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Count: 32 **Wall:** 4 **Level:** intermediate

Choreographer: David Cheshire

Music: Pick 'Em Up And Lay 'Em Down by Toby Keith

SIDE SHUFFLE RIGHT, ROCK STEP, STEP TOUCH, STEP TOUCH

- 1&2 Shuffle to the right (right-left-right)
- 3-4 Rock back on left behind right, step right in place
- 5-6 Step to left on left, touch right next to left
- 7-8 Step to right on right, touch left next to right

SIDE SHUFFLE LEFT, ROCK STEP, STEP TOUCH, STEP TOUCH

- 1&2 Shuffle to the left (left-right-left)
- 3-4 Rock back on right behind left, step left in place
- 5-6 Step to right on right, touch left next to right
- 7-8 Step to left on left, touch right next to left

SIDE TOUCHES, CROSSOVER TOE TOUCH, SYNCOPATED HEEL TAPS

- 1-2 Touch right to right side, cross right toe over left foot
- 3&4 Tap right heel three times (weight on right)
- 5-6 Touch left to left side, cross left toe over right foot
- 7&8 Tap left heel three times (weight on left)

SIDE, HOLD, PIVOT, HOLD, STEP PIVOT, STOMP, STOMP

- 1-2 Step right to right & hold
- 3-4 Pivot $\frac{1}{4}$ turn left stepping left forward & hold
- 5-6 Step fed on right foot & pivot $\frac{1}{2}$ turn left (weight on left)
- 7-8 Stomp forward on right, stomp forward on left

REPEAT