

Up Down

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Stephen Pistoia & Laura Stanton - March 2018

Music: Up Down by Morgan Wallen (iTunes)

Intro: 16ct intro

(1-8) WEAVE RT, POINT LF OUT IN

1-2step RF out to RT - step LF behind RF

3-4step RF out to RT - cross LF over RF

5-6step RF out to RT - touch LF next to RF

7-8point LF out to LT - touch LF next to RF (12:00)

(9-16) WEAVE LT, POINT RF OUT IN

1-2step LF out to LT - step RF behind LF

3-4step LF out to LT - cross RF over LF

5-6step LF out to LT - touch RF next to LF

7-8point RF out to RT - touch RF next to LF (12:00)

Both Restarts happen here on walls 5 & 9

(17-24) STEP PIVOT $\frac{1}{2}$, STEP PIVOT $\frac{1}{4}$ JAZZBOX

1-2step RF forward - pivot on LF making $\frac{1}{2}$ turn LT (6:00)

3-4step RF forward - pivot on LF making $\frac{1}{4}$ turn LT (3:00)

5-6cross RF over LF - step LF out to LT

7-8step RF out to RT - step LF next to RF

(optional moves for set 3 instead of jazz box do step RF out 5, LF out on 6, step RF in 7, step LF in 8)

(25-32) SCUFF STOMP RT, SCUFF STOMP LT, HEEL SWIVEL, HOP BACKWARD, HOP FORWARD

1-2scuff RF lifting knee up - step RF forward stomp

3-4scuff LF lifting knee up - step LF forward stomp

5-6swivel heels RT - swivel heels LT taking weight on LF

7-8hop back on RF keeping LF in the air - hop forward on LF keeping RF in air

(optional moves for set 4 for beginners) scuff RF1, stomp 2, hold 3, scuff LF4, stomp 5, hold 6, hops for 7&8 or swivel heels RT on 7, swivel LT on 8

Thank you David Goodman for your helpful tips to make this a fun dance for all levels!

last set you can add style here by rolling your hips up and down. Have fun!

This dance rotates clockwise.

Any questions contact me @ pistoias@ymail.com have fun enjoy!!!!