

# Up and Down

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**Count:** 76      **Wall:** 4      **Level:** Phrased Intermediate

**Choreographer:** Angéline FOURMAGE (Angel'Line) (11 June 2019 - FR)

**Music:** Up & Down by Marnik

**Start : 8 counts Part A : 28 counts Part B : 16 counts Part C : 32 counts**

**Sequence : A-B-Tag 1-A-Tag 1-A-C-Tag 2- Tag 1- A-B-Tag 3-Tag 1-A-Tag 1-A-B**

**Part A: 28 counts**

**A[1-8] Heel Split, Hold, Heel Split, Hold**

- 1-2      Toe out, Heel out
- 3-4      Toe out, Hold
- 5-6      Toe in, Heel in
- 7-8      Toe in, Hold

**A[9-16] Heel Split, Hold, Kick, Kick, Coaster-Step**

- 1-2      Toe out, Heel out
- 3-4      Toe out, Hold

**5-6R Kick FW, R Kick to the R Side**

**7&8RF Back, LF next to RF, RF FW**

**A[17-24] Kick, Kick, Sailor-Step  $\frac{1}{4}$  L, Rocking-Chair**

**1-2L Kick FW, L Kick to the L side**

- 3&4      Cross LF behind RF, Turn  $\frac{1}{4}$  L with RF to the R side, LF to the L side

**5-6RF FW, Recover to LF**

**7-8RF Back, Recover to LF**

**A[25-28] Stomp, Hitch, Stomp, Hitch, Stomp, Hitch, Stomp, Hitch**

- 1&2&      Stomp RF FW next to the LF, L Hitch FW, Stomp LF next to RF
- 3&4&      Stomp RF FW next to the LF, L Hitch FW, Stomp LF next to RF

**Part B: 16 counts**

**B[1-8] Basic Night-Club R, Basic Night-Club L, Weave, Rock-Step  $\frac{1}{4}$  L**

**1-2&RF to R side, Cross LF behind RF, Cross RF over LF**

**3-4&LF to the L side, Cross RF behind LF, Cross LF over RF**

**5&6&RF to R side, LF behind RF, RF to R side, Cross RF over LF**

**7-8** Rock RF to R side, Recover to LF with  $\frac{1}{4}$  L

**B[9-16] Basic Night-Club L, Basic Night-Club R, Weave, Rock-Step  $\frac{1}{4}$  R**

**1-2&LF to L side, Cross RF behind LF, Cross LF over RF**

**3-4&RF to the R side, Cross LF behind RF, Cross RF over LF**

**5&6&LF to L side, RF behind LF, LF to L side, Cross LF over RF**

**7-8** Rock LF to L side, Recover to RF with  $\frac{1}{4}$  R

**Part C: 32 counts**

**C[1-8] Rock-Step, Weave, Rock-Step, Weave**

**1-2RF to R side, Recover to LF**

**3&4RF behind LF, LF to L side, Cross RF over LF**

**5-6LF to L side, Recover to RF**

**7&8LF behind RF, RF to R side, Cross LF over RF**

**C[9-16] Step-turn  $\frac{1}{2}$  L, Step-turn  $\frac{1}{4}$  L, Ball, Rock, Chassé L**

**1-2RF FW, Make  $\frac{1}{2}$  L (Weight is on LF)**

**3-4RF FW, Make  $\frac{1}{4}$  L (Weight is on LF)**

**&5-6RF next to LF, LF to the L side, Recover on RF**

**7&8** Chassé L (LF to the L side, RF next to LF, LF to the L side)

**C[17-24] Sailor-Step, Sailor-Step, Jazz-Box, Point**

**1&2RF behind LF, LF to L side, RF to L side**

**3-4&LF behind RF, RF to L side, LF to L side**

**5-6** Cross RF over LF, LF back

**7-8RF to R side, Point LF to L side**

**C[25-32] Jazz-Box, Out, Out, In, Hold**

**1-2** Cross LF over RF, RF Back

**3-4LF to L side, RF FW**

**5-6LF on L diagonal FW, RF on R diagonal FW**

**7-8LF Back, Hold**

**Tag 1**

**[1-4] Rock-Step, ½ R, Together**

**1-2RF FW, Recover to LF**

**3-4** Make ½ R with RF FW, LF next to RF

**Tag 2**

**[1-8] Step, Hold, Step, Hold, Back, Together, FW, Hold**

**1-2RF Back, Hold**

**3-4LF Back, Hold**

**5-6RF Back,, LF next to RF**

**7-8RF FW, Hold**

**[9-16] Step FW, Hold, step FW, Hold, Point, together, point, touch**

**1-2LF FW, Hold**

**3-4RF FW, Hold**

**5-6** Point LF to the L side, LF next to RF

**7-8** Point RF to the R side, Touch RF next to LF

### **Tag 3**

#### **[1-8] Out, Hold, Out, Hold, In, Hold, In, Hold**

**1-2RF on diagonal FW, Hold**

**3-4LF on diagonal FW, Hold**

**5-6RF Back, Hold**

**7-8LF next to RF, Hold**

#### **[9-16] Out, Hold, Out, Hold, In, Hold, In, Hold**

**1-2RF on diagonal FW, Hold**

**3-4LF on diagonal FW, Hold**

**5-6RF Back, Hold**

**7-8LF next to RF, Hold**

#### **[17-24] Vine, Touch, Vine $\frac{1}{4}$ L, Touch**

**1-2RF to R side, LF behind RF**

**3-4RF to R side, Touch LF next to RF**

**5-6LF to L side, RF behind LF**

**7-8LF to L side with  $\frac{1}{4}$  L, Touch RF next to LF**

#### **[25-28] Vine, Together**

**1-2RF to R side, LF behind RF**

**3-4RF to R side, LF next to RF**

**NOTA : RF = Right Foot, LF = Left Foot, FW = Forward**

**Smile and enjoy the dance**

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