

Ups and Downs

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Larry Bass - July 2019

Music: "Up" by Thomas Rhett

NO TAG, NO RESTARTS!!

SIDE STEP TOUCHES, SIDE, TOGETHER, SIDE, TOUCH; SIDE STEP TOUCHES; SIDE, TOGETHER, SIDE, SWEEP

- 1&** Step R to right, Touch L beside R
- 2&** Step L to left, Touch R beside L
- 3&4&** Step R to right, Step L beside R, Step R to right, Touch L beside R
- 5&** Step L to left, Touch R beside L
- 6&** Step R to right, Touch L beside R
- 7&8&** Step L to left, Step R beside L, Step L to left, Sweep R across L

WEAVE, SWEEP; WEAVE, SWEEP; WEAVE, ROCKSTEP, $\frac{3}{4}$ ROLL

- 1&2** Step R across L, Step L to left, Step R behind L sweeping L from front to back
- 3&4** Step L behind R, Step R to right, Step L across R sweeping R from back to front
- 5&** Step R across L, Step L to left
- 6&** Rock R behind L, Recover forward to L
- 7&8** Make a $\frac{1}{4}$ turn left & step R back (9:00), Make a $\frac{1}{2}$ turn left & step L forward (3:00), Step R forward

SIDE ROCK STEP, CROSS, POINT, TOUCH, POINT, $\frac{1}{4}$ TURN TOUCH, FORWARD TRIPLE STEP, CHASE TURN

- 1&2** Rock L to left, Recover right to R, Step L across R
- 3&4&** Touch R to right, Touch R beside L, Touch R to right, Make a $\frac{1}{4}$ turn right & touch R in front of L (6:00)
- 5&6** Step R forward, Step L to R, Step R forward
- 7&8** Step L forward, Pivot $\frac{1}{2}$ turn right to R (12:00), Step L forward

ROLLING TRIPLE STEP FORWARD, FORWARD TRIPLE STEP; $\frac{3}{4}$ CHASE TURN, BEHIND, SIDE, CROSS

- 1&2** Make a $\frac{1}{2}$ turn left & step R back (6:00), Make a $\frac{1}{2}$ turn left & step L forward (12:00), Step R forward
- 1&2** Variation: Triple step forward, R, L, R
- 3&4** Step L forward, Step R to L, Step L forward
- 5&6** Step R forward, Pivot $\frac{1}{2}$ turn left to L (6:00), Make a $\frac{1}{4}$ turn left & step R to right (3:00)
- 7&8** Step L behind R, Step R to right, Step L across R

Begin Again

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