

Up and Down

Count: 76

Wall: 4

Level: Phrased Intermediate

Choreographer: Angéline Fourmage (FR) - June 2019

Music: Up & Down - 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
5-6 R Kick FW, R Kick to the R Side
7&8 RF Back, LF next to RF, RF FW

A[17-24] Kick, Kick, Sailor-Step ¼ L, Rocking-Chair

1-2 L Kick FW, L Kick to the L side
3&4 Cross LF behind RF, Turn ¼ L with RF to the R side, LF to the L side
5-6 RF FW, Recover to LF
7-8 RF 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 ¼ 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 ¼ L

B[9-16] Basic Night-Club L, Basic Night-Club R, Weave, Rock-Step ¼ 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 ¼ R

Part C: 32 counts

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

1-2 RF to R side, Recover to LF
3&4 RF behind LF, LF to L side, Cross RF over LF
5-6 LF to L side, Recover to RF
7&8 LF behind RF, RF to R side, Cross LF over RF

C[9-16] Step-turn ½ L, Step-turn ¼ L, Ball, Rock, Chassé L

1-2 RF FW, Make ½ L (Weight is on LF)

3-4 RF FW, Make 1/4 L (Weight is on LF)
&5-6 RF 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&2 RF 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
7-8 RF 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
3-4 LF to L side, RF FW
5-6 LF on L diagonal FW, RF on R diagonal FW
7-8 LF Back, Hold

Tag 1

[1-4] Rock-Step, ½ R, Together

1-2 RF 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

1-2 RF Back, Hold
3-4 LF Back, Hold
5-6 RF Back,, LF next to RF
7-8 RF FW, Hold

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

1-2 LF FW, Hold
3-4 RF 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

1-2 RF on diagonal FW, Hold
3-4 LF on diagonal FW, Hold
5-6 RF Back, Hold
7-8 LF next to RF, Hold

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

1-2 RF on diagonal FW, Hold
3-4 LF on diagonal FW, Hold
5-6 RF Back, Hold
7-8 LF next to RF, Hold

[17-24] Vine, Touch, Vine ¼ L, Touch

1-2 RF to R side, LF behind RF
3-4 RF to R side, Touch LF next to RF
5-6 LF to L side, RF behind LF
7-8 LF to L side with ¼ L, Touch RF next to LF

[25-28] Vine, Together

1-2 RF to R side, LF behind RF

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

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

Smile and enjoy the dance

Contact : Submitted by - maellynedance@gmail.com
