

Ups And Downs

64 count, 4 wall, beginner/intermediate level

Choreographer: Jan Wyllie (Aus) May 02

Choreographed to: Life's Little Ups And Downs by
Rooster Quantrell, bpm 128

NO TAGS OR RESTARTS

1,2,3&4 5,6,7,8	Rock/step fwd on R, Rock back on L, Making 1/4 turn right triple step R, L, R Rock/step fwd on L, Rock back on R, Rock/step back on L, Rock fwd on R
9,10,11&12 13,14,15,16	Rock/step fwd on L, Rock back on R, Making 1/4 turn left triple step L, R, L Rock/step fwd on R, Rock back on L, Rock/step back on R, Rock fwd on L
17,18 19,20 21,22 23&24	Stomp fwd on R, Making 1/2 turn left on ball of R kick L fwd Rock/step back on L, Rock fwd on R Step fwd on L, Lock R behind L (lock step) Shuffle fwd L, R, L
25,26,27,28 29,30,31,32	Rock/step R to right, Rock wt to L, Step R behind L, Step L to left Step R across L, Rock/step L to left, Rock wt to R, Step L behind R
33,34 35,36 37,38 39&40	Making 1/4 turn right step R toe fwd, Drop R heel (toe strut) Making 1/4 turn right step L toe to left side, Drop L heel (toe strut) Rock/step R behind L, Rock wt to L Shuffle to the right R, L, R
41,42 43,44 45,46 47&48	Rock/step back on L, Rock fwd on R Making a full turn right while moving fwd step L, R (or just walk fwd) Step fwd on L, Pivot 1/2 turn right transferring wt to R Shuffle fwd L, R, L
49,50,51,52 53,54,55,56	Rock/step fwd on R, Rock back on L, Step back on R, Touch L beside R Rock/step fwd on L, Rock back on R, Step back on L, Touch R beside L
57,58,59,60 61,62 63&64	Rock/step fwd on R, Rock back on L, Step back on R, Step L across R Making 1/4 turn left step back on R toe, Step down on R heel (toe strut) Making 1/2 turn left back over L shoulder shuffle fwd L, R, L