

Up & Down



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Improver Level Dance.

Choreographed by: Juan C. Gonzalez (USA) Dec 2022

Choreographed to: Up & Down by Mia Dimsic

Intro: 16 Counts. Start at approx 10 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1	V STEP, KICK-TOUCH BEHIND, STEP-DRAG
1-2	Step R toes diagonal forward, Step LF to the side going up on the toes of both feet
3	Step RF back to center lowering body by slightly bending your R knee
4	Step LF next to RF going down by slightly bending your L knee
5-6	Straighten L knee and kick RF with toes pointing down to the diagonal forward, Touch R toes behind LF
7-8	Big step RF to the side, Drag LF toward RF
SEC 2	BACK ROCK-RECOVER, KICK-BALL-CROSS, CHASSE, BEHIND, 1/8 TURN
1-2	Rock LF behind RF, Recover weight on RF
3&4	Kick LF to the diagonal forward, Step LF in place, Cross RF in front of LF
5&6	Step LF to the side, Step RF next to LF, Step LF to the side
7-8	Step RF behind LF, Make ¼ turn left stepping RF forward (10:30)
SEC 3	HIP ROLLS WITH 1/4 TURN x2, ROCK-RECOVER, BACK-DRAG
1-2	Make ¼ turn left step RF to the side while rolling hips counter clock, Drag LF in front of RF (7:30)
3-4	Make ¼ turn left step RF to the side while rolling hips counter clock, Drag LF in front of RF (4:30)
5-6	Make ⅓ turn left rock RF forward, Recover weight on LF (3:00)
7-8	Big step RF back, Drag LF towards RF
SEC 4	BALL, STEP-STUFF x2, HITCH, SIDE, HEEL-TOE-HEEL
&1-2	Step on the ball of LF, Step RF forward, Scuff LF next to RF
3-4	Step LF forward, Scuff RF next to LF
&5	Hitch RF, Step RF to the side and lower your body by slightly bending your knees
6-8	Swivel L Heel in, Swivel L Toes in, Swivel L Heel back to center taking weight on LF

