

# Ups and Downs

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**Count:** 32

**Wall:** 4

**Level:** Absolute Beginner

**Choreographer:** Hayley Wheatley (UK) - October 2021

**Music:** Up One Side - Texas Hill

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**Restart on Wall 3 after 16 counts**

**Intro: 16 Counts**

**S1: KICK, KICK, ROCK BACK, RECOVER, GRAPEVINE RIGHT**

1,2 Kick RF fwd twice 12:00  
3-4 Rock back on RF, Recover on LF 12:00  
5-6 Step RF to R side, Step LF behind R 12:00  
7-8 Step Rf to R side, Touch LF beside R 12:00

**S2: KICK, KICK, ROCK BACK, RECOVER, GRAPEVINE LEFT**

1-2 Kick LF fwd twice 12:00  
3-4 Rock back on LF, Recover on RF 12:00  
5-6 Step LF to L side, Step RF behind L 12:00  
7-8 Step Lf to L side, Touch RF beside F 12:00

**Restart here during wall 3 (Facing 6:00)**

**S3: TOE STRUTS FORWARD, TOE STRUTS ¼ TURN**

1-2 Touch R Toe fwd, Drop weight onto R Heel 12:00  
3-4 Touch L Toe fwd, Drop onto L Heel 12:00  
5-6 Touch R toe fwd (beginning ¼ turn L), Drop R Heel 10:30  
7-8 Touch L toe fwd (completing ¼ turn L), Drop L Heel 9:00

**S4: HIP BUMPS R, HOLD, L, HOLD, R,L,R,L**

1-2 Bump hips R, Hold 9:00  
3-4 Bump his L, Hold 9:00  
5-6 Bump hips R, Bump hips L 9:00  
7-8 Bump hips R, Bump hips L 9:00

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**Last Update - 25 Oct. 2021**