

## Up and Down

**Count** : 76      **Wall** : 4      **Level** : Intermediate Phrased

**Choreographer** : Angéline FOURMAGE (Angel'Line) (11 June 2019 – FR)

**Music** : Up & Down by 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

#### **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

#### **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

#### **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

#### **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

#### **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

#### **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**

### **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

### **9-16 Step-turn $\frac{1}{2}$ L, Step-turn $\frac{1}{4}$ L, Ball, Rock, Chassé L**

1-2 RF FW, Make  $\frac{1}{2}$  L (Weight is on LF)

3-4 RF FW, Make  $\frac{1}{4}$  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)

### **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

### **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, $\frac{1}{2}$ R, Together**

1-2 RF FW, Recover to LF

3-4 Make  $\frac{1}{2}$  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**

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