

# UP DOWN

Phrased 4 wall Advanced Dance

Choreographed by Debbie McLaughlin (UK) & Joey Warren (USA) – Sept 09

Choreographed to "Up Down" By Jessica Mauboy

Count in: 8 counts after beat comes in on lyrics

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**Sequence – ABCDABCCDDEEECCDDDDC (Don't be scared!!)**

## PART A

### **Step Knee Knee, Drag and Cross, 1/4, 1/2, Out Out and Step**

1&2 Step R to R, Pop R knee in, Pop R knee out (taking weight)

3&4 Drag L to R, Step down on L, Cross R over L

5 – 6 Make 1/4 turn R stepping back on L, Make 1/2 turn R stepping fwd R

&7&8 Step L out to L, Step R out to R, Step L to centre, Step fwd on R

### **And Back Drag, and Turn and Touch, Step Step, 1/4 and Step**

&1-2 Hitch L knee up, Step back on L, Drag R back

&3&4 Step back on R, Make 1/2 turn L stepping fwd L, Step R to R, Touch L behind R

5 – 6 Step L out to L, Step R out to R

7&8 Make 1/4 L stepping L fwd, Step R to L, Step fwd on L

### **Out Out, Hold, Toe Heel Toe, Tap and Tap and Big Step Forward**

&1-2 Make 1/2 L stepping R to R, step L to L, Hold

3&4 Swivel R toe in towards L, Swivel R heel in, Swivel R toe to centre

5&6& Tap R toe fwd, Step R beside L, Tap L toe fwd, Step L beside R

7 – 8 Make big step fwd on R, Step L next to R

### **Mambo Step, Mambo Step, Cross Back Side, Touch Touch**

1&2 Rock R to R, Recover weight to L, Step R beside L

3&4 Rock L to L, Recover weight to R, Step L beside R

5-6-7 Cross R over L, Step back on L, Step R to R

& 8 Touch L next to R, Touch L to L

## PART B

### **Cross and Step, Cross and Step, Cross and Step, Cross and Step**

1&2 Cross L over R, Rock R out to R, Recover weight to L

3&4 Cross R over L, Rock L out to L, Recover weight to R

5&6 Cross L over R, Rock R out to R, Recover weight to L

7&8 Cross R over L, Rock L out to L, Recover weight to R

(Please note you should be travelling forward on these steps)

## **Cross Rock Step, Cross Rock Step, Tap and Tap and Kick Knees Together**

1&2 Cross rock L over R, Recover weight back on R, Step L to L

3&4 Cross rock R over L, Recover weight back on L, Step R to R

5&6& Tap L fwd, Step back on L, Tap R fwd, Step back on R

7&8 Kick L fwd, Step L in place popping both knees fwd, Straighten up – weight L

## **PART C**

### **Step Swivel Swivel, Knee Pops, and Touch x4, Full Turn**

1&2 Step R to R, Swivel R heel out, Swivel back to centre

&3&4 Pop both knees fwd, Straighten knees weight R, Step L beside R, Touch R to R

&5&6 Step R beside L, Touch L to L, Step L beside R, Touch R heel fwd

&7-8 Step R beside L, Touch L toe back, Make full turn L hitching L knee up

### **And Step Touch, Step Touch, Step Touch, Step Touch**

&1-2 Step down on L, Step R to R diagonal, Tap L next to R

3 – 4 Step L to L diagonal, Tap R next to L

5 – 6 Step R to R diagonal, Tap L next to R

7 – 8 Step L to L diagonal, Tap R next to L

### **Heel and Heel, ¼ Hitch Touch, Touch Step, Step Half Turn**

1&2& Touch R heel fwd, Step R beside L, Touch L heel fwd, Step L next to R

3&4 Make ¼ turn R hitching R knee, Step back on R, Touch L toe back

5 – 6 Touch L toe fwd, Step L back

7&8 Step back on R, Make ½ turn L stepping fwd L, Step R slightly out to R

### **Punch Punch Together, Tilt Centre Turn, Tilt Centre, Punch Punch Down**

1&2 Step L to L diagonal whilst punching L arm fwd, Step R to R diagonal whilst punching R arm fwd (both arms should be raised), Bend both arms at elbow and bring them in to chest level (fists facing each other)

&3-4 Keeping fists together tilt L elbow down and R elbow up, Tilt arms back to centre (prepping to turn L), Make ½ turn L stepping L to L (keep arms up)

5&6& Keeping fists together tilt L elbow down and R elbow up, Tilt arms back to centre, Punch R arm fwd, Punch L arm fwd

7&8 Drop arms down to sides, Hitch L knee up, Step down on L

## **PART D**

### **Back and Back, Back and Back, Step Step, Turn Out Together**

1&2 Step back on R slightly raising L knee, Step down on ball of L, Step back on R slightly raising L knee

3&4 Step back on L slightly raising R knee, Step down on ball of R, Step back on L slightly raising R knee

5 – 6 Step back on R, Make ½ turn L stepping fwd L

7&8 Step R beside L, Jump both feet apart, Jump together (weight should be on L)

## **PART E (NC2)**

### **Side Rock and, $\frac{1}{4}$ , $\frac{1}{2}$ , Up Up, Back Back Turn, Rock Recover $\frac{1}{4}$ , $\frac{1}{2}$**

1-2& Step R to R side, Rock L behind R, Recover weight to R

3&4& Make  $\frac{1}{4}$  turn R stepping back on L, Make  $\frac{1}{2}$  turn R stepping fwd on R, Step fwd on L coming up on toes, Step fwd on R coming up on toes

5-6& Step back on L dragging R, Step back R, Make  $\frac{1}{4}$  turn L stepping L to L side

7&8& Rock R across L, Recover weight L, Make  $\frac{1}{4}$  turn R stepping fwd R, Make  $\frac{1}{2}$  turn R stepping L back