

UP & DOWN

SONG; Up and Down by Wade Hayes ALBUM: Highways and Heartaches Choreo; Maria & Kevin Smith

LEVEL: 64 Beginner, 4 wall linedance, 1 tag, start on vocals, rotates anti clockwise, time: 3:13 Mins

STRUTS X 2, COASTER, HOLD

1,2,3,4 R heel fwd, drop toe, L heel fwd, drop toe,

5,6,7,8 Step back R, step L tog, step fwd R (slow coaster), hold

LOCK FWD, PIVOT ½ TURN, STEP, HOLD

1,2,3,4 Step fwd L, lock R behind L, fwd L, hold

5,6,7,8 Step fwd R, pivot ½ turn left, step fwd R, hold

VINE LEFT,VINE RIGHT, ¼ TURN R SCUFF L

1,2,3,4 Step side L, step R behind L, step side L, touch R next to L

5,6,7,8 Step side R, step L behind R, ¼ turn R onto R, scuff L through

STRUTS X 2, COASTER, HOLD

1,2,3,4 L heel fwd, drop toe, R heel fwd, drop toe,

5,6,7,8 Step back L, R tog, step fwd L (slow coaster), hold

LOCK FWD, PIVOT ½ TURN, STEP, HOLD

1,2,3,4 Step fwd R, lock L behind R, step fwd R, hold

5,6,7,8 Step fwd L, pivot ½ turn R, step fwd L, hold

VINE RIGHT, VINE LEFT, ¼ TURN L, SCUFF R

1,2,3,4 Step side R, step L behind R, step side R, touch L next to R

5,6,7,8 Step side L, step R behind L, ¼ turn L onto L, scuff R through

CHARLSTON, CHARLSTON WITH ¼ TURN

1,2,3,4 Touch R toe fwd, hold, Swing toe back step back, hold

5,6,7,8 Touch L toe back,, hold, swing L toe fwd step down, hold

1,2,3,4 ¼ turn left touch R toe fwd, hold, swing R toe back step back, hold

5,6,7,8 Touch L toe back, hold, swing L toe fwd step down, hold

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4 count tag end wall 2 at back, do an extra Charleston

Finish dance: To front after after first 8 counts.

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