



Down And Up

32 Count 2 Wall Improver Level Dance.
Choreographed by: Oli Geir Johannesson (ISL)
& Hugrun Sigurdardottir (ISL) Jul 2023
Choreographed to: Up by Inna
Intro: 16 Counts. Start at approx 10 secs.

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

SEC 1 WALK, WALK, MAMBO, BACK BACK, SAILOR ¼ TURN

- 1-2 Walk forward R, Walk forward L
3&4 Rock forward on R, Recover on L, Step back on R
5-6 Step back L, Step back R
7&8 Sweep step L behind R, Turn ¼ turn left stepping R to right side, Step L in place (9:00)

SEC 2 CROSS SAMBA, CROSS SAMBA ¼ TURN, POINT SWITCHES, HEEL TOUCHES

- 1&2 Step R across L, Step on ball of L to left side, Recover on R
3&4 Step L across R, ¼ turn L, stepping on ball of R to R side, Recover on L (6:00)
5&6& Point L, to L side, Step L next to R, Point R, to R side, Step R, next to L
7&8& Touch R heel forward, Step R, next to L, Touch L, heel forward, Step L, next to R

Restart Here on Walls 2 and 6

SEC 3 STEP PIVOT ½ TURN, HIP BUMPS, STEP, TOGETHER, BACK

- 1-2 Step forward on R, Pivot ½ turn left (12:00)
3&4 Touch R diagonally R bump hip R, Bump hip L, Take weight on R
5&6 Touch L diagonally L, bump hip L, Bump hip R, Take weight on L
7&8 Step forward on R, Step L next to R, Step back on R

SEC 4 BACK, TOGETHER, STEP, LOCK STEP, PIVOT ½ TURN, FULL TURN

- 1-2 Step long step back on L, Drag R stepping next to L
3&4 Step forward on L, Lock step R behind L, Step forward on L
5-6 Step forward on R, Pivot ½ turn L (6:00)
7-8 Turn ½ turn L stepping back on R, Turn ½ turn L stepping forward on L (6:00)

Option Step forward R, step forward L

