

# UP & DOWN

**MUSIC:** Coming Home by Guy Sebastian (CD: Like It Like That). Available at iTunes, Amazon.com, Amazon.co.uk, Amazon.de. **SEQUENCE:** 32 count vocal intro, begin after heavy beats on "But now." Restarts 2nd repetition after 28 counts\* and 10th repetition after 20 counts\*\* (you'll be facing 12:00 when these happen).

**COUNTS**  
32/2

**LEVEL**  
BEG



CALL OR TEXT : 609-314-0115 > WRITE : mrshowcase@gmail.com

SYNCOATED JUMPS FORWARD & BACK w/FINGER SNAPS, HIP SWAYS TURNING 1/4 LEFT

- &1,2 **Jump up** Quickly step R forward (&), Step L beside R raising arms (1), Snap fingers up (2)
- &3,4 **Jump down** Quickly step R back (&), Step L beside R lowering arms past hips (3), Snap fingers down (4)
- 5,6 **Swing it** Small step R side right swaying hips R (5), Push off R turning 1/8 left (**10:30**) swaying hips L (6)
- 7,8 **Around** Small step R side right swaying hips R (7), Push off R turning 1/8 left (**9:00**) swaying hips L (8)

*Styling for 5-8: Hands palms down at sides, swaying side to side to match hips.*

SYNCOATED JUMPS FORWARD & BACK w/FINGER SNAPS, HIP SWAYS TURNING 1/4 LEFT

- &1,2 **Jump up** Quickly step R forward (&), Step L beside R raising arms (1), Snap fingers up (2)
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- 5,6 **Swing it** Small step R side right swaying hips R (5), Push off R turning 1/8 left (**7:30**) swaying hips L (6)
- 7,8 **Around** Small step R side right swaying hips R (7), Push off R turning 1/8 left (**6:00**) swaying hips L (8)

*Styling for 5-8: Hands palms down at sides, swaying side to side to match hips.*

R ROCKING CHAIR, STEP POINTS

- 1,2 **Forward rock** Rock ball of R forward (1), Recover L (2)
- 3,4 **Back rock** Rock ball of R back (3), Recover L (4)
- \*\*[Restart here during 10th repetition.]
- 5,6 **Step, point** Step R forward (5), Point L side left (6)
- 7,8 **Step, point** Step L forward (7), Point R side right (8)

*Styling for 5-8: Add shoulder shimmies if desired.*

WALK BACK x4, HEEL SWITCHES, TOUCH/CLAP

- 1,2 **Back, back** Step R back (1), Step L back (2)
- 3,4 **Back, back** Step R back (3), Step L back (4)

\*[Restart here during 2nd repetition.]

- 5&6& **Heel & heel &** Tap R heel forward (5), Step R beside L (&), Tap L heel forward (6), Step L beside R (&)
- 7,8 **Touch, clap** Tap R beside L (7), Clap (8)

START AGAIN AND ENJOY!