

# Dance 101

Count: 32

Wall: 4

Level: Advanced

Choreographer: José Miguel Belloque Vane (NL) & Emeline Rochefeuille (FR) - June 2024

Music: Dance 101 - UpsideDown



**Intro: 16 Counts, Start at approx 8 secs**

**SEC 1 Step, Touch, Side, 1/8 Sailor Step, Jumping Back Rock, Step, Heel Twist, Back Slide**

- 1&2 Step right forward to right diagonal, touch left beside right, step left to left
- 3&4 Step right behind left, step left to left, turn 1/8 right step right forward (1:30)
- 5& Jump back on to left, step right forward
- 6&7 Step left forward, twist both heels to left, twist both feet to centre weight on right
- 8 Step left back sliding right past left

**SEC 2 3/8 Weave, 1/2 Reverse Kick Ball Step, Step 1/2 Bounce Heels**

- 1&2 Step right back, turn 3/8 left step left forward, step right forward (9:00)
- 3&4 Turn 1/2 right kick left back, step left back, step right forward (3:00)
- 5 Step left forward
- 6-7-8 Turn 1/2 right bouncing both heels x3 (9:00)

**SEC 3 Jumping Back Rock, Step, Step, 1/2 Pivot, 1/4 Side, Sailor Step, Behind, Side, Twist Heel Toe**

- &1-2 Jump back on to left, step right forward, step left forward
- 3&4 Step right forward, pivot 1/2 left transferring weight on to left, turn 1/4 left step right to right (12:00)
- 5&6 Step left behind right, step right to right, step left to left
- 7&8 Step right behind left, step left to left, twist right heel to left, twist right toes to left

**SEC 4 Samba Step, 1/4 Cross Shuffle, Heel Grind, Together, Rock Hitch & Hitch**

- 1&2 Cross right over left, rock left to left, recover weight onto right
  - 3&4 Cross left over right, step right beside left, turn 1/4 right step left forward (3:00)
  - 5&6 Touch right heel forward grinding right heel, step left back, step right beside left
  - &7 Rock left forward, recover weight onto right hitching left knee
  - 8 Step left beside right hitching right knee
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