

Upside Down (七上八下) (zh)

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Kate Sala (UK) & Robbie McGowan Hickie (UK)
音乐: Upside Down - Paloma Faith : (CD: Do You Want The Truth Or Something
Beautiful? - Script written as 88 bpm)



前奏 : 16 Count intro – Start on Vocals

- 第一段** **Right Kick-Cross-Back. Right Coaster. Step. Pivot 1/2 Turn Right. 1/2 Turn Right. Back Rock & Point.**
右踢-交叉-後, 海岸步, 踏轉, 右1/2, 後下沉回復點
- 1&2 Kick Right Diagonally forward Right. Cross step ball of Right over Left. Long step back on Left.
踢 跨 後 右足斜角線前踢, 右足於左足前交叉踏, 左足後一大步
- 3&4 Step back on Right. Step Left beside Right. Step forward on Right. 右足後踏, 左足併踏, 右足前踏
海岸步
- 5&6 Step forward on Left. Pivot 1/2 turn Right. Make 1/2 turn Right stepping back on Left. 左足前踏, 右軸轉180度,
踏 轉 轉 右轉180度左足後踏
- 7&8 Rock back on Right. Rock forward on Left. Point Right toe out to Right side. (12 o'clock) 右足後下沉, 左足回
後下沉回 復, 右足趾右點(面向12點鐘)
復
右點
- 第二段** **Jazz Box 1/4 Turn Right. Weave Right with Kick. Right Sailor. Tap. Side Step Left. Kick. Step Back.**
右1/4爵士方塊, 右藤步帶踢, 右水手, 點, 左大步, 踢, 後
- 1&2 Cross step Right over Left. Make 1/4 turn Right stepping back on Left. Step Right to Right side.
跨 右90 右 右足於左足前交叉踏, 右轉90度左足後踏, 右足右踏
- 3& Cross step Left over Right. Step Right to Right side.
藤步踢 左足於右足前交叉踏, 右足右踏
- 4 Cross Left behind Right - Kicking Right Diagonally forward Right. (3 o'clock) 左足於右足後交叉踏右足斜角線
前踢(面向3點鐘)
- 5&6 Cross Right behind Left. Step Left beside Right. Step Right to Right side. 右足於左足後交叉踏, 左足併踏, 右
水手步 足右踏
- &7 Tap Left toe beside Right. Long step Left to Left side.
併點 左 左足趾併點, 左足左一大步
- &8 Kick Right forward. Long step back on Right – Dragging Left Slightly towards Right. 右足前踢, 右足後一大步
踢 後 左足拖併
- 第三段** **Cross. Back-Back. Heel Swivels. Heel Switches Forward. Heel Grind 1/4 Turn Right. & Back. Together.**
交叉, 後後, 踵旋轉, 踵收踵收, 踵轉1/4, 後併
- 1&2 Cross step Left over Right. Step back on Right. Step back on Left. 左足於右足前交叉踏, 右足後踏, 左足後踏
跨 後 後
- &3 Swivel both heels Right. Swivel heels back into centre.
旋轉 雙足踵轉向右, 雙足踵轉回
- &4 Swivel heels Right. Swivel heels back into centre. (Weight on Left) 雙足踵轉向右, 雙足踵轉回(重心在左足)
旋轉
- 5&6 Dig Right heel forward. Step Slightly forward Right. Dig Left heel forward. 右足踵前點, 右足略前踏, 左足踵前
踵點踵 點
Note: Counts 5&6& above ... Should Travel Forward.
注意: 5&6&往前移動
- &7 Step Slightly forward Left. Dig Right heel forward.
點踵 左足略前踏, 右足踵前點
- & Grind Right heel Right making 1/4 turn Right – Stepping Slightly back on Left. 右足踵踏右轉90度左足略在後
轉後
- 8& Step back on Right. Step Left beside Right. (6 o'clock)
後併 右足後踏, 左足併踏(面向6點鐘)

第四段	Right Lock Step. Scuff-Step Forward (Left & Right). Left Mambo 1/2 Turn Left. Step. Tap. 1/2 Turn Left. 前鎖步, 擦踢(左, 右), 轉曼波1/2, 踏, 點, 左1/2
1&2 前鎖步	Step forward on Right. Lock step Left behind Right. Step forward on Right. 右足前踏, 左足於右足後鎖踏, 右足前踏
&3&4 擦踏擦踏	Scuff Left forward. Step forward on Left. Scuff Right forward. Step forward on Right. 左足前擦踢, 左足前踏, 右足前擦踢, 右足前踏
5&6 曼波轉	Rock forward on Left. Rock back on Right. Make 1/2 turn Left stepping forward on Left. (12 o'clock) 左足前下沉, 右足後下沉, 左轉180度左足前踏(面向12點鐘)
7& 前踏後點	Step forward on Right. Tap Left toe behind Right heel. 右足前踏, 左足趾於右足踵後點
8 轉	Make 1/2 turn Left stepping forward on Left. 左轉180度左足前踏

Note: A Restart is needed During Wall 2 ... Dance up to Count 32 ... then Start the Dance again from the Beginning (Facing 3 o'clock)

第二面牆跳至此, 面向3點鐘, 從頭起跳

第五段	Out - Out. Forward Rock & Right Shuffle 1/2 Turn Right. Step. Pivot 1/2 Turn Right. Left Cross Shuffle. 外 外, 前下沉 & 右1/2轉交換, 踏轉, 交叉交換
1-2 Out Out	Step Right forward and out to Right side, pushing hips Right. Step Left out to Left side, pushing hips Left. 右足右前踏右推臀, 左足左踏左推臀
3& 下沉 回復	Rock forward on Right. Rock back on Left. (6 o'clock) 右足前下沉, 左足後下沉(面向6點鐘)
4&5 轉交換	Right shuffle making 1/2 turn Right stepping Right. Left. Right. (12 o'clock) 右180度轉交換-右, 左, 右(面向12點鐘)
6-7 踏 轉	Step forward on Left. Pivot 1/2 turn Right. 左足前踏, 右軸轉180度
8&1 交叉交換	Cross step Left over Right. Step Right to Right side. Cross step Left over Right. (6 o'clock) 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏(面向6點鐘)

第六段	Triple 3/4 Turn Left. Left Sailor. Sweep Back (Right & Left). & Knee Pop. 小三步左3/4, 左水手, 繞後(右, 左), 膝彈
2& 左90 90	Make 1/4 turn Left stepping Slightly back on Right. Make 1/4 turn Left stepping forward on Left. 左轉90度右足略後踏, 左轉90度左足前踏
3 90	Make 1/4 turn Left stepping Right to Right side. (9 o'clock) 左轉90度右足右踏(面向9點鐘)
4&5 水手步	Cross Left behind Right. Step Right beside Left. Step Left to Left side. 左足於右足後交叉踏, 右足併踏, 左足左踏
6 繞	Sweep Right out and around stepping Right back behind Left heel. 右足繞至左足踵後
7 繞	Sweep Left out and around stepping Left back behind Right heel. 左足繞至右足踵後
&8 膝彈	Rise up on ball of each foot – Pop both knees forward. Replace heels to floor. (Weight on Left) 雙膝彈, 足踵踏(重心在左足)
