

# Upside Down

拍数: 112      墙数: 1      级数: Phrased Intermediate  
编舞者: Nicholas Adair - May 2018  
音乐: Bouncin' Off The Ceiling (Upside Down) - A\*Teens



Sequence: ABC ABC B Tag A Restart CCC

## PHRASE A: 32 COUNTS

### A1: Syncopated Rocks

- 1, 2&      Rock R to side, recover to L, step R together
- 3, 4&      Rock L to side, recover to R, step L together
- 5, 6&      Rock R forward, recover to L, step R together
- 7, 8&      Rock L forward, recover to R, step L together [12:00]

### A2: Walks, Mambo, Reverse Turn, Rock

- 1, 2      Walk forward R-L
- 3 & 4      Rock R forward, recover to L, step R back
- 5, 6, 7      Step L back, make ½ turn right and step R forward, make ½ turn right and step L back [12:00]
- 8&      Rock R back, recover to L [12:00]

### A3: Step Bump, Modified Weave

- 1, 2      Walk forward R, touch L side and bump hip left
- 3, 4      Walk forward L, touch R side and bump hip right
- 5, 6      Step R across L, step L side
- 7 & 8      Step R behind L, step L side, rock R across L [12:00]

### A4: Syncopated Cross Rocks, Unwind

- 1 & 2      Recover to L, step R together, rock L across R
- 3 & 4      Recover to R, step L together, rock R across L
- 5, 6, 7, 8      Unwind ½ turn left over 4 counts (weight to R) [6:00]

## PHRASE B: 32 COUNTS

### B1: Jazz Box, Paddle Turns

- 1, 2      Step R forward, cross L over R
- 3, 4      Step R back, step L side
- 5, 6      Making ¼ turn left touch R side, making ¼ turn left touch R side
- 7, 8      Making ¼ turn left touch R side, making ¼ turn left step R together [6:00]

### B2: Rocking Chair, Step ½ Turns

- 1, 2      Rock L forward, recover to R
- 3, 4      Rock L back, recover to R
- 5, 6      Step L forward, make ½ turn right (weight to R)
- 7, 8      Step L forward, make ½ turn right (weight to R) [6:00]

### B3: Jazz Box, Paddle Turns

- 1, 2      Step L forward, cross R over L
- 3, 4      Step L back, step R side
- 5, 6      Making ¼ turn right touch L side, making ¼ turn right touch L side
- 7, 8      Making ¼ turn right touch L side, making ¼ turn right step L together [6:00]

### B4: Rocking Chair, Step ½ Turns

- 1, 2      Rock R forward, recover to L

- 3, 4            Rock R back, recover to L  
5, 6            Step R forward, make ½ turn left (weight to L)  
7, 8            Step R forward, make ½ turn left (weight to L) [6:00]

**PHRASE C: 48 COUNTS**

**C1: Kick Ball Points, Hitches Forward**

- 1 & 2            Kick R forward, step R together, touch L side  
3 & 4            Kick L forward, step L together, touch R side  
5, 6            Step R forward, put L down hitching R up  
&7&8            Step R forward, put L down hitching R up, step R forward, put L down hitching R up [6:00]

**Arms: 5, 6, &7&8 - On hitches, pull arms up like you're pulling on a pair of pants.**

**C2: Step ½ Turns, Shuffle, Full Turn Right, Step, Sweep**

- 1, 2            Step R forward, make ½ turn left (weight to L)  
3 & 4            Shuffle forward R-L-R  
5, 6            Make ½ turn right and step L back, make ½ turn right and step R forward  
7, 8            Step L forward, step R forward as you sweep L back to front [12:00]

**C3: Jazz Box, Cross Shuffle, Step Touches**

- 1, 2, 3          Cross R over L, step R back, step L side  
4 & 5          Cross R over L, step L side, cross R over L  
6, 7          Step L side, touch R toes behind L  
8              Step R side [12:00]

**C4: Step Touch, Rock and Cross, Hold, Heel Pull Turn**

- 1, 2, 3          Touch L toes behind R, step L side, touch R toes behind L  
4 & 5, 6        Rock R side, step L in place, cross R over L, hold  
7, 8            Unwind full turn left over 2 counts [12:00]

**C5: Vine with ½ Turn Bump, Vine, Vine with ½ Turn Bump, Vine**

- 1 - 4            Step R side, cross L behind R, step R side, make ½ turn right and touch L together as you bump hip left  
5 - 8            Step L side, cross R behind L, step L side, touch R together [6:00]  
  
1 - 4            Step R side, cross L behind R, step R side, make ½ turn right and touch L together as you bump hip left  
5 - 8            Step L side, cross R behind L, step L side, touch R together [12:00]

**TAG: 4 COUNTS - AFTER 3RD PHRASE B**

**Rocking Chair**

- 1 - 4            Rock R forward, recover to L, rock R back, recover to L

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