

Upside Down

拍数: 32 墙数: 4 级数: Improver
编舞者: Adrian Lefebour (AUS) & Kate Moore (AUS) - July 2021
音乐: Upside Down - Jess Ball



Notes: 32 counts intro. Start dance on the strong beat or on the word 'Know'

Walk R, Walk L, Rock Fwd, Recover, Big Step Back/Drag, Together, Step Fwd, Step Fwd

1,2 Walk R fwd, Walk L fwd
3,4 Rock R fwd, Recover back onto L
5,6 Taking a big step back Step R back, Drag L toe towards R
&7,8 Step L next to R, Step R fwd, Step L fwd

1/4 Paddle Turn, Step Across, Touch Side, Sailor Step x2

1,2 Step R fwd, 1/4 Paddle Turn L (9.00)
3,4 Step R across L, Touch L toe to L side
5&6 L Sailor Step - Step L behind R, Step R to R side, Step L to L side
7&8 R Sailor Step - Step R behind L, Step L to L side, Step R to R side

Rock Back/Recover, 1/4 Scissor Step, Shuffle Fwd, 1/2 Pivot Turn

1,2 Rock L back, Recover fwd onto R
3,4 Step L to L side, Step R together as you begin to turn 1/4 R (12.00)
5&6 L Shuffle Fwd - Step L fwd, Step R next to L, Step L fwd
7,8 Step R fwd, 1/2 Pivot turn L (6.00)

Step, Sweep, Step, 1/4 Hitch, Step Across, Point/Lunge, Straighten/Drag, Together

1,2 Step R fwd, Sweep L fwd/around (anti-clockwise)
3,4 Step L fwd, Hitch R knee up making a 1/4 turn L (3.00)
5 Step R across L
6,7 Point L toe to L bending R knee into a lunge position, Straighten R leg as you drag L towards R
8 Step L next to R (weight on L)

ENDING : End of wall 10 do a 1/2 Pivot Turn with R to finish at the front

This dance was choreographed for the Gold Coast Line Dance Ball Workshop 2021. We both hope you enjoy our dance!

Adrian Lefebour: alefebour@gmail.com

Kate Moore: katemooret2d@gmail.com