

# Dance 101

拍数: 32      墙数: 4      级数: Advanced  
编舞者: José Miguel Belloque Vane (NL) & Emeline Rochefeuille (FR) - June 2024  
音乐: 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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