

Downside Up

拍数: 0 墙数: 4 级数: Beginner
编舞者: Jessica Haugen (NOR)
音乐: Bouncin' Off The Ceiling (Upside Down) - A*Teens



Sequence: A, A, A, B, A, A, A, B, A, Tag, B, A, A, B, Ending
The choreographer was 9 years old when this dance was created.

PART A

STEP, KICK, STEP, KICK, STEP BACK KICK, STEP, ¼ TURN HITCH

1-2-3-4 Step right to right, kick left across right, step left to left, kick right across left
5-6-7-8 Step right back, kick left forward, step left forward, ¼ turn left hitch right knee

9-16 Repeat steps 1-8

GRAPEVINE RIGHT HEEL JACK AND CROSS, GRAPEVINE LEFT HEEL JACK AND CROSS

17-18&19&20 Step right to right, cross left behind right, step right to right, touch left heel to left, step left in place, cross right over left
21-22&23&24 Step left to left, cross right behind left, step left to left, touch right heel to right, step right in place, cross left over right

STEP, TOUCH, ¼ TURN STEP, TOUCH, HEELS OUT, IN, OUT, TOGETHER

25-26-27-28 Step right to right, touch left beside right, ¼ left step left to left, touch right next to left
29-30-31-32 Both heels out, both heels in, both heels out (traveling slightly to right), feet together

PART B

BOX STEP TWICE

1-2-3-4 Cross right over left, step left back, step right to right, step right forward
5-6-7-8 Repeat steps 1-4

TOUCH, AND, TOUCH, AND, CROSS, ½ TURN TWICE

9&10&11-12 Touch right toe to right, step right next to left, touch left toe to left, step left next to right, cross right over left, unwind ½ turn left
13-16 Repeat steps 9-12

TAG (4 COUNTS)

BOX STEP (SAME AS 1-4 IN PART B)

1-2-3-4 Cross right over left, step left back, step right to right, step right forward

ENDING

On the last count of dance, on the word you, ¼ turn left on left foot (facing front) setting right foot to right.
Arms: left hand on left hip, point right index finger towards whoever is watching you!