

Upside Down

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Upside Down - Paloma Faith : (CD: Do You Want The Truth Or Something Beautiful? - Script written as 88 bpm)



16 Count intro – Start on Vocals

Right Kick-Cross-Back. Right Coaster. Step. Pivot 1/2 Turn Right. 1/2 Turn Right. Back Rock & Point.

- 1&2 Kick Right Diagonally forward Right. Cross step ball of Right over Left. Long step back on Left.
3&4 Step back on Right. Step Left beside Right. Step forward on Right.
5&6 Step forward on Left. Pivot 1/2 turn Right. Make 1/2 turn Right stepping back on Left.
7&8 Rock back on Right. Rock forward on Left. Point Right toe out to Right side. (12 o'clock)

Jazz Box 1/4 Turn Right. Weave Right with Kick. Right Sailor. Tap. Side Step Left. Kick. Step Back.

- 1&2 Cross step Right over Left. Make 1/4 turn Right stepping back on Left. Step Right to Right side.
3& Cross step Left over Right. Step Right to Right side.
4 Cross Left behind Right - Kicking Right Diagonally forward Right. (3 o'clock)
5&6 Cross Right behind Left. Step Left beside Right. Step Right to Right side.
&7 Tap Left toe beside Right. Long step Left to Left side.
&8 Kick Right forward. Long step back on Right – Dragging Left Slightly towards Right.

Cross. Back-Back. Heel Swivels. Heel Switches Forward. Heel Grind 1/4 Turn Right. & Back. Together.

- 1&2 Cross step Left over Right. Step back on Right. Step back on Left.
&3 Swivel both heels Right. Swivel heels back into centre.
&4 Swivel heels Right. Swivel heels back into centre. (Weight on Left)
5&6 Dig Right heel forward. Step Slightly forward Right. Dig Left heel forward.
&7 Step Slightly forward Left. Dig Right heel forward.
& Grind Right heel Right making 1/4 turn Right – Stepping Slightly back on Left.
8& Step back on Right. Step Left beside Right. (6 o'clock)

Note: Counts 5&6& above ... Should Travel Forward.

Right Lock Step. Scuff-Step Forward (Left & Right). Left Mambo 1/2 Turn Left. Step. Tap. 1/2 Turn Left.

- 1&2 Step forward on Right. Lock step Left behind Right. Step forward on Right.
&3&4 Scuff Left forward. Step forward on Left. Scuff Right forward. Step forward on Right.
5&6 Rock forward on Left. Rock back on Right. Make 1/2 turn Left stepping forward on Left. (12 o'clock)
7& Step forward on Right. Tap Left toe behind Right heel.
8 Make 1/2 turn Left stepping forward on Left. ***Restart Point – Wall 2 – See Note Below***

Out - Out. Forward Rock & Right Shuffle 1/2 Turn Right. Step. Pivot 1/2 Turn Right. Left Cross Shuffle.

- 1 – 2 Step Right forward and out to Right side, pushing hips Right. Step Left out to Left side, pushing hips Left.
3& Rock forward on Right. Rock back on Left. (6 o'clock)
4&5 Right shuffle making 1/2 turn Right stepping Right. Left. Right. (12 o'clock)
6 – 7 Step forward on Left. Pivot 1/2 turn Right.
8&1 Cross step Left over Right. Step Right to Right side. Cross step Left over Right. (6 o'clock)

Triple 3/4 Turn Left. Left Sailor. Sweep Back (Right & Left). & Knee Pop.

- 2& Make 1/4 turn Left stepping Slightly back on Right. Make 1/4 turn Left stepping forward on Left.

- 3 Make 1/4 turn Left stepping Right to Right side. (9 o'clock)
- 4&5 Cross Left behind Right. Step Right beside Left. Step Left to Left side.
- 6 Sweep Right out and around stepping Right back behind Left heel.
- 7 Sweep Left out and around stepping Left back behind Right heel.
- &8 Rise up on ball of each foot – Pop both knees forward. Replace heels to floor. (Weight on Left)

Start Again

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)
