

# Upside Down

拍数: 64      墙数: 4      级数: Easy Intermediate  
编舞者: Anne Herd (AUS) - June 2014  
音乐: Upside Down - Paloma Faith : (CD: Do You Want The Truth Or Something Beautiful - iTunes - 3:09)



**Intro: Start on lyrics, 16 beats in (10 sec) weight on L - CCW**

## Forward and Back Touches (with claps)

1-2-3-4      Step forward on R diagonal, Touch L beside R, Step back on L diagonal, □ Touch R beside L.  
5-6-7-8      Step back on R diagonal, Touch L beside R, Step forward on L diagonal, □ Touch R beside L

## Vine Right, Vine Left ¼ Turn, Scuff

1-2-3-4      Step R to side, Cross L behind R, Step R to side, Touch L beside R  
5-6-7-8      Step L to side, Cross R behind L, Turn ¼ L, Scuff R forward

## V Step With Holds

1-2-3-4      Step R at 45, Hold, Step L at 45. Hold.  
5-6-7-8      Step R back to centre, Hold, Step L back to centre, Hold

## Continuous Step Locks, Touch, Hold

1-2-3-4      Step forward on R, Lock L behind R, Step forward on R. Step forward on L  
5-6-7-8      Lock R behind L, Step forward on L, Touch R beside L, Hold

## Right & Left Charleston Steps,

1-2-3-4      Touch R forward, Hold, Step back on R, Hold  
5-6-7-8      Touch L back, Hold, Step forward on L, Hold

## Pivot ½, Hold, Pivot ¼, Hold

1-2-3-4      Step forward on R, Pivot ½ L, Step forward on R, Hold,  
5-6-7-8      Step forward on L, Pivot ¼ R, Step forward on L, Hold

## Forward Rock, Side Rock, Back Rock, Touch, Hold.

1-2-3-4      Rock forward on R, Recover to L, Rock R to side, Recover to L  
5-6-7-8      Rock back on R, Recover on L, Touch R beside L, Hold

## Step, Hold, Turn, Hold, Step, Hold, Turn, Hold □

1-2-3-4      Step forward on R, Hold, Turn ½ L. Hold  
5-6-7-8      Step forward on R, Hold, Turn ¼ L. Hold

**[64] Begin dance again**

**Restarts: On walls 2 & 5 dance to count 32 and Restart dance from the beginning.**

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Last Update – 29th Aug 2014