

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