

Upside Down

拍數: 112 牆數: 1 級數: Phrased Intermediate
編舞者: Nicholas Adair - May 2018
音樂: Bouncin' Off The Ceiling (Upside Down) - A*Teens



Sequence: ABC ABC B Tag A Restart CCC

PHRASE A: 32 COUNTS

A1: Syncopated Rocks

1, 2& Rock R to side, recover to L, step R together
3, 4& Rock L to side, recover to R, step L together
5, 6& Rock R forward, recover to L, step R together
7, 8& Rock L forward, recover to R, step L together [12:00]

A2: Walks, Mambo, Reverse Turn, Rock

1, 2 Walk forward R-L
3 & 4 Rock R forward, recover to L, step R back
5, 6, 7 Step L back, make ½ turn right and step R forward, make ½ turn right and step L back
[12:00]
8& Rock R back, recover to L [12:00]

A3: Step Bump, Modified Weave

1, 2 Walk forward R, touch L side and bump hip left
3, 4 Walk forward L, touch R side and bump hip right
5, 6 Step R across L, step L side
7 & 8 Step R behind L, step L side, rock R across L [12:00]

A4: Syncopated Cross Rocks, Unwind

1 & 2 Recover to L, step R together, rock L across R
3 & 4 Recover to R, step L together, rock R across L
5, 6, 7, 8 Unwind ½ turn left over 4 counts (weight to R) [6:00]

PHRASE B: 32 COUNTS

B1: Jazz Box, Paddle Turns

1, 2 Step R forward, cross L over R
3, 4 Step R back, step L side
5, 6 Making ¼ turn left touch R side, making ¼ turn left touch R side
7, 8 Making ¼ turn left touch R side, making ¼ turn left step R together [6:00]

B2: Rocking Chair, Step ½ Turns

1, 2 Rock L forward, recover to R
3, 4 Rock L back, recover to R
5, 6 Step L forward, make ½ turn right (weight to R)
7, 8 Step L forward, make ½ turn right (weight to R) [6:00]

B3: Jazz Box, Paddle Turns

1, 2 Step L forward, cross R over L
3, 4 Step L back, step R side
5, 6 Making ¼ turn right touch L side, making ¼ turn right touch L side
7, 8 Making ¼ turn right touch L side, making ¼ turn right step L together [6:00]

B4: Rocking Chair, Step ½ Turns

1, 2 Rock R forward, recover to L

- 3, 4 Rock R back, recover to L
- 5, 6 Step R forward, make ½ turn left (weight to L)
- 7, 8 Step R forward, make ½ turn left (weight to L) [6:00]

PHRASE C: 48 COUNTS

C1: Kick Ball Points, Hitches Forward

- 1 & 2 Kick R forward, step R together, touch L side
- 3 & 4 Kick L forward, step L together, touch R side
- 5, 6 Step R forward, put L down hitching R up
- &7&8 Step R forward, put L down hitching R up, step R forward, put L down hitching R up [6:00]

Arms: 5, 6, &7&8 - On hitches, pull arms up like you're pulling on a pair of pants.

C2: Step ½ Turns, Shuffle, Full Turn Right, Step, Sweep

- 1, 2 Step R forward, make ½ turn left (weight to L)
- 3 & 4 Shuffle forward R-L-R
- 5, 6 Make ½ turn right and step L back, make ½ turn right and step R forward
- 7, 8 Step L forward, step R forward as you sweep L back to front [12:00]

C3: Jazz Box, Cross Shuffle, Step Touches

- 1, 2, 3 Cross R over L, step R back, step L side
- 4 & 5 Cross R over L, step L side, cross R over L
- 6, 7 Step L side, touch R toes behind L
- 8 Step R side [12:00]

C4: Step Touch, Rock and Cross, Hold, Heel Pull Turn

- 1, 2, 3 Touch L toes behind R, step L side, touch R toes behind L
- 4 & 5, 6 Rock R side, step L in place, cross R over L, hold
- 7, 8 Unwind full turn left over 2 counts [12:00]

C5: Vine with ½ Turn Bump, Vine, Vine with ½ Turn Bump, Vine

- 1 - 4 Step R side, cross L behind R, step R side, make ½ turn right and touch L together as you bump hip left
- 5 - 8 Step L side, cross R behind L, step L side, touch R together [6:00]
- 1 - 4 Step R side, cross L behind R, step R side, make ½ turn right and touch L together as you bump hip left
- 5 - 8 Step L side, cross R behind L, step L side, touch R together [12:00]

TAG: 4 COUNTS - AFTER 3RD PHRASE B

Rocking Chair

- 1 - 4 Rock R forward, recover to L, rock R back, recover to L

Contact: adairnicholas@outlook.com
