

# Up, Side, Down

COPPER KNOB  
STEPSHEETS

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Marthe Thibeault (CAN)  
音樂: Upside Down - My Baby



## 6 WALKS FORWARD, STEP RIGHT, STEP LEFT

1-2      Traveling forward walk right, left  
3-4      Walk forward right, left  
5-6      Walk forward right, left  
7-8      Step right, left in place

**Optional arms for above 8 counts. Both arms move at the same time**

### Left arm

1      Straight up over head  
2      Straight down beside left hip  
3-6      Repeat 1-2 two more times  
7-8      Both arms remain down as you step right, left in place

### Right arm

1      Straight up over head  
2      Straight out to right side  
3      Straight down beside right hip  
4-6      Repeat 1-3 (up, side, down)  
7-8      Both arms remain down as you step right, left in place

## RIGHT COASTER, ½ TURN PIVOT, LEFT SHUFFLE FORWARD, ¼ LEFT, RIGHT SIDE SHUFFLE

1&2      Step back on right, step back left next to right, step forward on right  
3-4      Step forward left, ½ turn right taking weight on right  
5&6      Step forward left, step right beside left, step forward left  
7&8      ¼ turn left, step right out to right side, step left beside right, step right out to right side

## CROSS STEP, ¼ TURN KICK, CROSS SHUFFLE, STEP CROSS, HOLD, BOUNCE, BOUNCE

1-2      Cross left over right, on the ball of left ¼ turn left, kick right to right side  
3&4      Cross right over left, step left to left, cross right over left  
&5      Step left to left, cross right over left  
6      Hold  
7-8      Bounce; bounce (by flexing knees, weight ending on right)

## POINT CROSS, POINT & POINT, CROSS POINT, POINT & POINT

1-2      Point left to left side, cross left over right  
3&4      Point right to right side, step right in place, point left to left side  
5-6      Step left over right, point right out to right side  
&7&8      Step right in place, point left to left side, step left in place, point right to right side

## BEND KNEES, POINT LEFT, ¼ TURN LEFT, LEFT FORWARD SHUFFLE, SKATE RIGHT, LEFT, RIGHT, LEFT

1-2      Bend knees, shift weight over to right, as your point left out to left side  
3&4      ¼ turn left (or 1 ¼ turns left) step forward left, step right beside left step forward left  
5-6      Skate right, left  
7-8      Skate right, left

## 3 WALKS BACK WITH TOUCH, 3 WALKS BACK WITH TOUCH

1-4      Walk back right, left, right, touch left beside right  
5-8      Walk back left, right, left, touch right beside left

REPEAT

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