Upside Down



拍數: 16 牆數: 0 級數:

編舞者: Masters In Line (UK) 音樂: Upside Down - K-Gee



STEP RIGHT TO RIGHT SIDE, LEFT TO LEFT SIDE, SIDE SHUFFLE RIGHT (HANDS PUSH UP)

Step right to right side
 Step left to left side

3&4 Step right to right side, step left next to right, step right to right side As you do counts 1-4 push hands up in the air as if holding a box above your head

1/4 TURN RIGHT, SIDE TOGETHER TWICE BOUNCING SHOULDER (HANDS PUSHING DOWN TO FLOOR)

5 Make ¼ turn right step left to left side (turn head left looking towards starting wall)

Step right togetherStep left to left side

8 Touch right next to left (turn head ¼ right to look forward)

As you do counts 5-8 bounce or shrug shoulders with hands pushing down to floor

ROLLING TURN TO RIGHT POINT FINGER IN THE AIR

9 Make ¼ turn right step onto right
10 Make ½ turn right step back onto left
11 Make ¼ turn right step right to right side

12 Touch left next to right pointing right hand in the air

WALK AROUND FULL CIRCLE TOUCH RIGHT, LASSO, SLAP AND CLAP

Walk around full circle to left on left, right, left doing a lasso action with right hand
Touch right next to left, as you quickly slap thighs with both hands and then clap

REPEAT