

Upside Down

拍數: 48 牆數: 4 級數: Improver
編舞者: Lady Lace (UK)
音樂: Upside Down - Jack Johnson



CROSS ROCK ½ TURN SHUFFLE, CROSS ROCK ¼ TURN SHUFFLE

1-2 Cross rock left over right, recover
3&4 Step left ¼ turn left, bring right to left, step left ¼ turn left
5-6 Cross rock right over left, recover
7&8 Step right ¼ turn right, step left beside, step right to side

CROSS, SIDE, BEHIND SIDE CROSS, SIDE, STEP BACK ¼ TURN LEFT, COASTER

1-2 Cross step right over left, step left to side
3&4 Step left behind, step right to side, step left across
5-6 Step right to side, step left back making ¼ turn left
7&8 Step right back, step left beside, step right forward

STEP LOCK, SHUFFLE FORWARD, STEP ¼ TURN, CROSS SHUFFLE

1-2 Step left forward, lock right behind
3&4 Step left forward, step right beside, step left forward
5-6 Step right forward, turn ¼ left
7&8 Cross right over left, step left to side, cross right over left

SIDE TOGETHER, CHASSE LEFT, ROCK BACK, KICK BALL CROSS

1-2 Step left to side, step right beside
3&4 Step left to side, bring right beside, step left to side
5-6 Rock right back, recover
7&8 Kick right forward, step beside left, step left across

SIDE TOGETHER, CHASSE RIGHT, ROCK BACK, KICK BALL CROSS

1-2 Step right to side, step left beside
3&4 Step right to side, bring left beside, step right to side
5-6 Rock back left, recover
7&8 Kick left forward, step beside right, step right across

SIDE TOGETHER FORWARD, STEP PIVOT ½ TURN, STEP PIVOT ½ TURN, STEP FORWARD

1-2 Step left to side, step right beside left
3-5 Step left forward, step right forward, pivot ½ turn left
6-7 Step right forward, pivot ½ turn left
8 Step right forward

REPEAT
