

# Upside Down!

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Darren "Texas Tornado" Tubridy (UK)  
音樂: Bouncin' Off The Ceiling (Upside Down) - A\*Teens



## RIGHT KICK BALL-CROSS TWICE, HIP BUMPS

1&2      Sharply kick right foot forward diagonally, step back on ball of right foot, cross left over right  
3&4      Sharply kick right foot forward diagonally, step back on ball of right foot, cross left over right  
5-6      Bump hips right, left  
7&8      Bump hips right, left, right  
9-16      Repeat counts 1-8 to the left

## SAILOR SHUFFLES - TRAVELING BACKWARDS

17&18      Step right foot behind left, step left foot to left side, step right foot to right side  
19&20      Step left foot behind right, step right foot to right side, step left foot to left side  
21&22      Step right foot behind left, step left foot to left side, step right foot to right side  
23&24      Step left foot behind right, step right foot to right side, step left foot to left side

## RIGHT ROCK, RIGHT COASTER STEP, LEFT SHUFFLE, WALKS

25-26      Rock forward on right foot, recover weight onto left foot  
27&28      Step back on right, step left beside right, step forward on right  
29&30      Shuffle forward on left, right, left  
31-32      Walk forward on right, left, right

## KICK & CROSS, LEFT HEEL TAP, MONTEREY TURN

33      Sharply kick left foot diagonally forward  
34&35      Step ball of left back, cross right over left  
36      Step left diagonally forward, tapping left heel  
37-40      Tap left heel 3 times, on the fourth count step left beside right  
41-42      Touch right toe to right side, make a ½ turn right on ball of right foot, step right beside left  
43-44      Touch left toe to left side, touch left beside right

## KICK, OUT OUT, KNEE IN, RIGHT ¼ TURN KICK, SAILOR STEP, CROSS, SIDE ¼ TURN, COASTER STEP

45      Sharply kick right foot forward  
&46      Step right diagonally back & out to right, step left to left side  
47      Pop right knee in towards left  
48      Make a ¼ turn right on ball of left foot, kicking right foot diagonally forward  
49&50      Cross right behind left, step left to left side, step right to right side  
51-52      Cross left over right, step right to right side  
53      On ball of right make a ¼ turn left, stepping back on left  
&54      Step right beside left, step forward on left

## WALKS, PIVOT ½ TURN LEFT, RIGHT SHUFFLE, ½ TURN RIGHT, LEFT SHUFFLE

55-56      Walk forward on right & left  
57-58      Step forward on right, pivot ½ left  
59&60      Shuffle forward on right, left, right  
61-62      Step forward on left, pivot ½ right  
63&64      Shuffle forward on left, right, left

## REPEAT

## RESTART

During the 2nd wall dance up to step 48, leaving out the kick & start dance again from step 1. This is to make the dance fit in with the music. During the 5th wall (3:00) wall, dance up to step 32 & then add a 4 count tag to bring you round to face the front wall to start the dance again

## TAG

1-2 Touch right foot back, make a  $\frac{1}{2}$  turn right

3-4 Step forward on left foot, make a  $\frac{1}{4}$  turn right

**If using the Shania Twain track, the dance becomes a 2-wall dance without the tags!**

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