

# Upside Inside Out

COPPERKNOB  
STEPSHEETS

拍數: 80      牆數: 4      級數: Intermediate  
編舞者: Nicola McQuillan  
音樂: Yes - Merry Clayton



## ROCK FORWARD RIGHT, ROCK BACK RIGHT, WALKS TO DIAGONALS

1-2      Rock right foot forward, recover weight on left  
3-4      Rock right foot back, recover weight on left  
5-6      Step right foot to left diagonal, hold for 1 count  
7-8      Step left foot to right diagonal, hold for 1 count

## STEP, TOE TOUCH, HOLD, HIP CIRCLE LEFT, ¼ TURN COASTER STEP, ¼ PIVOT

&1-2      Step right foot to right side, touch left toe to left side, hold for 1 count  
3-4      Hip circle left  
5&6      Step left foot back a ¼ left, step right foot beside left, step forward left  
7-8      Step right foot forward, pivot a ¼ turn left

1-16      Repeat previous counts 1-16

## STEP WITH SNAKE ROLL, SAILOR STEP, HITCH, TOE TOUCH (TWICE)

1-2      With a snake roll to the right, step right foot to right side, raise left foot slightly off the floor  
3-4      With a snake roll to the left, step left foot to left side, raise right foot slightly off the floor

**Alternatively, replace the snake rolls with shoulder shakes, or 'shimmies'**

5&6      Right sailor step  
7-8      Hitch left knee, touch the ball of the left foot to the left side

## 2 X KNEE ROLLS, SAILOR STEP, HITCH, ¼ TURN STEP

1-4      2 left knee rolls  
**Optional - add left hip rolls as you roll the knee**  
5&6      Left sailor step  
7-8      Hitch right knee, step right foot a ¼ turn to the right side

## ROCK, RECOVER, STEP ½ TURN, HOLD

1-2      Rock left foot forward, recover weight on right  
3-4      Step left foot a ½ turn left, hold for 1 count  
5-6      Rock right foot forward, recover weight on left  
7-8      Step right foot a ½ turn right, hold for 1 count

## ROCK, RECOVER, STEP ½ TURN, HOLD, ¼ PIVOT, ¼ PIVOT

1-2      Rock left foot forward, recover weight on right  
3-4      Step left foot a ½ turn left, hold for 1 count  
5-6      Step right foot forward, ¼ pivot left  
7-8      Step right foot forward, ¼ pivot left

## STAMP, HOLD, STAMP, HOLD, STAMPS MOVING FORWARD

1-2      Stamp right foot to left diagonal, hold for 1 count  
3-4      Stamp left foot to left diagonal, hold for 1 count  
5-6      Stamp right foot forward, stamp left foot forward  
7-8      Repeat counts 5-6

## KICK FORWARD, KICK SIDE, KICK SIDE, KICK FORWARD

1-2      Kick right foot forward, step right foot back

- 3-4 Kick left foot to left side, step left foot behind right
- 5-6 Kick right foot to right side, step right foot behind left
- 7-8 Kick left foot forward, step left foot back

**REPEAT**

---