

# Upside Inside Out

拍數: 0                      牆數: 2                      級數: Advanced  
編舞者: Zoe Laugharne (UK) & Neil Langford (UK)  
音樂: Livin' la Vida Loca - Ricky Martin



Sequence: AB, ACD, ACEBB, ACD, ACEBB, AD, ACAC, EBBA

## PART A

1-2                      Touch right toe to right side, hitch right knee forward  
3-4                      Touch right toe to right side, hitch right knee forward  
5-6                      With  $\frac{1}{4}$  turn right, step right foot forward, hold  
7-8                      Step left foot forward,  $\frac{3}{4}$  pivot turn right, (back to starting wall)

9-10                     Touch left toe to left side, hitch left knee forward  
11-12                    Touch left toe to left side, hitch left knee forward  
13-14                    With  $\frac{1}{4}$  turn left, step left foot forward, hold  
15-16                    Step right foot forward,  $\frac{3}{4}$  pivot turn left, (back to starting wall)

17-18                    Kick right foot forward, step right foot slightly forward  
19-20                    Kick left foot forward, step left foot slightly forward

### Styling: arms out in front & shimmy upper body

21-22                    Touch right toe forward, touch right toe to right side  
23-24                    With  $\frac{1}{2}$  turn right, drag & close right foot next to left

25-26                    Kick left foot forward, step left foot slightly forward  
27-28                    Kick right foot forward, step right foot slightly forward

### Styling: arms out in front & shimmy upper body

29-30                    Touch left toe forward, touch left toe to left side  
31-32                    With  $\frac{1}{2}$  turn left, drag & close left foot next to right

## PART B

1-2                      Cross right toe over left, drop right heel & click fingers  
3-4                      Step left toe to left side, drop left heel & click fingers  
5-6                      With  $\frac{1}{4}$  turn to the left, step right foot forward &  $\frac{3}{4}$  pivot turn left (back to starting wall)  
7-8                      Step right foot to right side, slide left foot to meet right

9-10                     Cross left toe over right, drop left heel & click fingers  
11-12                    Step right toe to right side, drop right heel & click fingers  
13-14                    With  $\frac{1}{4}$  turn to the right, step left foot forward &  $\frac{3}{4}$  pivot turn right (back to starting wall)  
15-16                    Step left foot to left side, slide right foot to meet left

## PART C

1-2                      Touch right toe to right side, cross right foot in front of left  
3-4                      Touch left toe to left side, cross left foot in front of right  
5-6                      With hip motion, step right foot forward &  $\frac{1}{2}$  pivot turn  
7-8                      Repeat steps 5-6

9-12                     Grapevine right & tap left toe inward next to right, (sugartoe)  
13-16                    Grapevine left & with  $\frac{1}{4}$  turn left, scuff right foot forward

Option: rolling grapevine completing 1 &  $\frac{1}{4}$  turn to the left

- 17-20 Right jazz box - crossing right over left, step left foot back, step right foot to right side, step left next to right
- 21-24 Step right foot to right side & with 1/8 turn left, rotate hips to the left, repeat
- 25-26 Cross rock right foot over left, recover weight on left foot
- 27-28 Step right foot next to left, hold
- 29-30 Cross rock left foot over right, recover weight on right foot
- 31-32 Step left foot next to right, hold

#### **PART D**

- 1&2 Small syncopated jump forward - right, left, (feet together) hold, (2)
- 3-4 Jump feet shoulder width apart, hold
- 5-6 Jump feet together, crossing right over left, hold
- 7-8 Full turn unwinding over left shoulder

#### **PART E**

- 1-2 Rock right foot forward, rock weight back on left
- 3-4 Step right foot back, hold
- 5-6 Rock left foot back, rock weight forward on right
- 7-8 Step left foot forward, hold
- 9-10 Step right foot forward, ½ turn left, closing left foot next to right
- 11-12 Step right foot forward, touch left toe next to right
- 13-14 Step left foot forward, ½ turn right, closing right foot next to left
- 15-16 Step left foot forward, touch right toe next to left

#### **REPEAT**

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