

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
