

# Downside Up

拍數: 0                      牆數: 4                      級數: Beginner  
編舞者: Jessica Haugen (NOR)  
音樂: Bouncin' Off The Ceiling (Upside Down) - A\*Teens



Sequence: A, A, A, B, A, A, A, B, A, Tag, B, A, A, B, Ending  
The choreographer was 9 years old when this dance was created.

## PART A

### STEP, KICK, STEP, KICK, STEP BACK KICK, STEP, ¼ TURN HITCH

1-2-3-4                      Step right to right, kick left across right, step left to left, kick right across left  
5-6-7-8                      Step right back, kick left forward, step left forward, ¼ turn left hitch right knee

9-16                      Repeat steps 1-8

### GRAPEVINE RIGHT HEEL JACK AND CROSS, GRAPEVINE LEFT HEEL JACK AND CROSS

17-18&19&20                      Step right to right, cross left behind right, step right to right, touch left heel to left, step left in place, cross right over left  
21-22&23&24                      Step left to left, cross right behind left, step left to left, touch right heel to right, step right in place, cross left over right

### STEP, TOUCH, ¼ TURN STEP, TOUCH, HEELS OUT, IN, OUT, TOGETHER

25-26-27-28                      Step right to right, touch left beside right, ¼ left step left to left, touch right next to left  
29-30-31-32                      Both heels out, both heels in, both heels out (traveling slightly to right), feet together

## PART B

### BOX STEP TWICE

1-2-3-4                      Cross right over left, step left back, step right to right, step right forward  
5-6-7-8                      Repeat steps 1-4

### TOUCH, AND, TOUCH, AND, CROSS, ½ TURN TWICE

9&10&11-12                      Touch right toe to right, step right next to left, touch left toe to left, step left next to right, cross right over left, unwind ½ turn left  
13-16                      Repeat steps 9-12

### TAG (4 COUNTS)

#### BOX STEP (SAME AS 1-4 IN PART B)

1-2-3-4                      Cross right over left, step left back, step right to right, step right forward

## ENDING

On the last count of dance, on the word you, ¼ turn left on left foot (facing front) setting right foot to right.  
Arms: left hand on left hip, point right index finger towards whoever is watching you!