

Up Side Down

拍數: 48 牆數: 4 級數: Intermediate
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音樂: Upside Down - My Baby : (CD: Disco Dance Hits 1976-1996)



6 WALKS FORWARD, STEP RIGHT, STEP LEFT

1-2 Traveling forward walk right, left
3-4 Walk forward right, left
5-6 Walk forward right, left
7-8 Step right, left in place

Optional arms for above 8 counts. Both arms move at the same time

Left arm

1 Straight up over head
2 Straight down beside left hip
3-6 Repeat 1-2 two more times
7-8 Both arms remain down as you step right, left in place

Right arm

1 Straight up over head
2 Straight out to right side
3 Straight down beside right hip
4-6 Repeat 1-3 (up, side, down)
7-8 Both arms remain down as you step right, left in place

RIGHT COASTER, 1/2 TURN PIVOT, LEFT SHUFFLE FORWARD, 1/4 LEFT, RIGHT SIDE SHUFFLE

1&2 Step back on right, step back left next to right, step forward on right
3-4 Step forward left, 1/2 turn right taking weight on right
5&6 Step forward left, step right beside left, step forward left
7&8 1/4 turn left, step right out to right side, step left beside right, step right out to right side

CROSS STEP, 1/4 TURN KICK, CROSS SHUFFLE, STEP CROSS, HOLD, BOUNCE, BOUNCE

1-2 Cross left over right, on the ball of left 1/4 turn left, kick right to right side
3&4 Cross right over left, Step left to left, cross right over left
&5 Step left to left, cross right over left
6 Hold
7-8 Bounce; bounce (by flexing knees, weight ending on right)

POINT CROSS, POINT & POINT, CROSS POINT, POINT & POINT

1-2 Point left to left side, cross left over right
3&4 Point right to right side, step right in place, point left to left side
5-6 Step left over right, point right out to right side
&7&8 Step right in place, point left to left side, step left in place, point right to right side

BEND KNEES, POINT LEFT, 1/4 TURN LEFT, LEFT FORWARD SHUFFLE, SKATE RIGHT, LEFT, RIGHT, LEFT

1-2 Bend knees, shift weight over to right, as you point left out to left side
3&4 1/4 turn left (or 1 1/4 turns left) step forward left, step right beside left step forward left
5-6 Skate right, left
7-8 Skate right, left

3 WALKS BACK WITH TOUCH, 3 WALKS BACK WITH TOUCH

1-4 Walk back right, left, right, touch left beside right
5-8 Walk back left, right, left, touch right beside left

REPEAT

