

Topsy Turvy

拍數: 64 牆數: 4 級數: Beginner
編舞者: Sandra Speck (UK) - October 2009
音樂: Upside Down - Paloma Faith



Starts on vocals, 32 count intro

Side Together, Right Lock Step

1-2 Step right to side, hold for one count
3-4 Close left together, hold for one count
5-6 Step right foot forward, lock left foot behind
7-8 Step right foot forward, hold for one count

Side Together, Left Back Lock Step

1-2 Step left to side, hold for one count
3-4 Close right together, hold for one count
5-6 Step left back, lock right over left
7-8 Step left back, hold for one count

Rock Back Side, Hold, Rock Back Side, Hold

1-2 Step right foot back, recover to to left foot
3-4 Step right to side, hold for one count
5-6 Step left foot back, recover to to right foot
7-8 Step left to side, hold for one count

*4 Heel Struts Turn ½ Left (A Semi Circle Left)

1-2 Turn 1/8 left and step right forward heel, drop toe to floor
3-4 Turn 1/8 left and step left forward heel, drop toe to floor
5-6 Turn 1/8 left and step right forward heel, drop toe to floor
7-8 Turn 1/8 left and step left forward heel, drop toe to floor

Walk Forward Hold, Walk Hold, Walk 2, 3, Hold

1-2 Step right foot forward, hold for one count
3-4 Step left foot forward, hold for one count
5-6 Step right foot forward, step left foot forward
7-8 Step right foot forward, hold for one count

For a bit of fun counts 5,6 & 7 can be danced with slightly bent knees

Walk Back Hold, Back Hold, Back 2, 3, Hold

1-2 Step left foot back, hold for one count
3-4 Step right foot back, hold for one count
5-6 Step left foot back, step right foot back
7-8 Step left foot back, hold for one count

For a bit of fun counts 5, 6 & 7 can be danced with slightly bent knees

Strutting Jazz Box, Turning ¼ Right

1-2 Cross right toe over left foot, drop heel to floor
3-4 Step left back toe, drop heel to floor
5-6 Turn ¼ right and step right toe to right side, drop heel to floor
7-8 Close left toe next to right foot, drop heel to floor

Heel Toe Swivels Right, Clap, Heel Toe Swivels Left, Clap

1-4 Swivel to right - heels toes heels, clap

5-8

Swivel to left - heels toes heels, clap

Repeat
