

Upside Down!

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Darren "Texas Tornado" Tubridy (UK)
音乐: Bouncin' Off The Ceiling (Upside Down) - A*Teens



RIGHT KICK BALL-CROSS TWICE, HIP BUMPS

1&2 Sharply kick right foot forward diagonally, step back on ball of right foot, cross left over right
3&4 Sharply kick right foot forward diagonally, step back on ball of right foot, cross left over right
5-6 Bump hips right, left
7&8 Bump hips right, left, right
9-16 Repeat counts 1-8 to the left

SAILOR SHUFFLES - TRAVELING BACKWARDS

17&18 Step right foot behind left, step left foot to left side, step right foot to right side
19&20 Step left foot behind right, step right foot to right side, step left foot to left side
21&22 Step right foot behind left, step left foot to left side, step right foot to right side
23&24 Step left foot behind right, step right foot to right side, step left foot to left side

RIGHT ROCK, RIGHT COASTER STEP, LEFT SHUFFLE, WALKS

25-26 Rock forward on right foot, recover weight onto left foot
27&28 Step back on right, step left beside right, step forward on right
29&30 Shuffle forward on left, right, left
31-32 Walk forward on right, left, right

KICK & CROSS, LEFT HEEL TAP, MONTEREY TURN

33 Sharply kick left foot diagonally forward
34&35 Step ball of left back, cross right over left
36 Step left diagonally forward, tapping left heel
37-40 Tap left heel 3 times, on the fourth count step left beside right
41-42 Touch right toe to right side, make a ½ turn right on ball of right foot, step right beside left
43-44 Touch left toe to left side, touch left beside right

KICK, OUT OUT, KNEE IN, RIGHT ¼ TURN KICK, SAILOR STEP, CROSS, SIDE ¼ TURN, COASTER STEP

45 Sharply kick right foot forward
&46 Step right diagonally back & out to right, step left to left side
47 Pop right knee in towards left
48 Make a ¼ turn right on ball of left foot, kicking right foot diagonally forward
49&50 Cross right behind left, step left to left side, step right to right side
51-52 Cross left over right, step right to right side
53 On ball of right make a ¼ turn left, stepping back on left
&54 Step right beside left, step forward on left

WALKS, PIVOT ½ TURN LEFT, RIGHT SHUFFLE, ½ TURN RIGHT, LEFT SHUFFLE

55-56 Walk forward on right & left
57-58 Step forward on right, pivot ½ left
59&60 Shuffle forward on right, left, right
61-62 Step forward on left, pivot ½ right
63&64 Shuffle forward on left, right, left

REPEAT

RESTART

During the 2nd wall dance up to step 48, leaving out the kick & start dance again from step 1. This is to make the dance fit in with the music. During the 5th wall (3:00) wall, dance up to step 32 & then add a 4 count tag to bring you round to face the front wall to start the dance again

TAG

1-2 Touch right foot back, make a $\frac{1}{2}$ turn right

3-4 Step forward on left foot, make a $\frac{1}{4}$ turn right

If using the Shania Twain track, the dance becomes a 2-wall dance without the tags!
