

Upside Down

拍數: 48 牆數: 4 級數: High Beginner
編舞者: Rita Macinskiene (LIT) - October 2020
音樂: Upside Down - Paloma Faith : (3:15)



Intro: 32 counts, on vocals

(1-8) Jazz box * 2

1-4 Cross L over R (1), step back on R (2), step L to L side (3), step fwd on R (4)
5-8 Cross L over R (5), step back on R (6), step L to L side (7), step fwd on R (8)

(9-16) Triple L diagonal, triple R diagonal, R triple turning ½ R * 2

1&2 Step L diagonal to L (1), step R next to L (&), step L fwd (2) (option: raise bent left arm to L diagonal with palm up)
3&4 Step R diagonal to R (3), step L next to R (&), step R fwd (4) (option: raise bent right arm to R diagonal with palm up)
5&6 Turning ¼ R step L to L side (5), step R next to L (&), turning ¼ R step L back (6) (6:00)
7&8 Turning ¼ R step R to R side (7), step L next to R (&), turning ¼ R step R fwd (8) (12:00)

(17-24) Mambo L, R triple turning ¼ R, big step L, touch R, big step R, touch L

1&2 Rock L fwd (1), recover on R (&), step L back (2)
3&4 Turn ¼ R, stepping R to R side (3), close L next to R (&), step R to R side (4)
5-6 Big step to L side (5), touch R next to L (6),
7-8 Big step to R side (7), touch L next to R (8) (3:00)

(25-32) Step L back, sweep R, step R back, sweep L, step L back, recover on R, triple R turning ½ R, coaster step R

1-4 Step L back sweeping R from front to back (1), step R back sweeping L from front to back (2), step L back (3), recover on R (4)
5&6 Turning ¼ R step L to L side (5), step R next to L (&), turning ¼ R step L back (6) (9:00)
7&8 Step R back (7), close L next to R (&), step R fwd (8) (9:00)

(33-40) Step L to L side, knees twist R,L,R, step R to R side, bend knees, swivel heels R,L,R, straighten out

1-4 Step L to L side at the same time twist R knee over L knee and angling body to L diagonal (1), change weight to R at the same time twist L knee over R knee and angling body to R diagonal (2), change weight to L at the same time twist R knee over L knee and angling body to L diagonal (3), step R to R side angling body to R diagonal (4)
5-8 Step L (on ball) next to R, bend knees (5), swivel both heels to R (6), swivel both heels to L (7), place both heels down to centre and straighten out (weight on R) (8) (9:00)

(41-48) Cross touch, cross touch, step L back, recover; learn fwd lifting hands to both sides and spring keeping weight on R

1-4 Cross L over R (1), touch R to R side (2), cross R over L (3), touch L to L side (4)
5-6 Step L (5), recover on R (6)
7&8 Learn slightly fwd lifting hands to both sides and lifting L foot diagonal back and bend R knee (7), once more bend R knee (8) (9:00)

Restarts:

Wall 2 after 32 counts (6:00)

Wall 5 after 16 counts (12:00)