

## Upside Down

48 count, 4 wall, intermediate level

Choreographer: Kate Sala & Robbie McGowan Hickie (UK)

Choreographed to: "Upside Down" by Paloma Faith

16 count intro. Start on vocals

### Section 1 Right Kick-Cross-Back, Right Coaster, Step, Pivot Turn 1/2 Right, Turn 1/2 Right, Back Rock & Point

- 1&2 Kick right diagonally forward, cross ball of right over left, long step left back
- 3&4 Step right back, step left together, step right forward
- 5&6 Step left forward, pivot turn 1/2 right, turn 1/2 right and step left back
- 7&8 Rock right back, rock left forward, point right toe out to right side (12:00)

### Section 2 Jazz Box Turn 1/4 Right, Weave Right With Kick, Right Sailor, Touch, Side Step Left, Kick, Step Back

- 1&2 Cross right over left, turn 1/4 right and step left back, step right to side
- 3& Cross left over right, step right to side
- 4 Cross left behind right - kicking right diagonally forward right (3:00)
- 5&6 Cross right behind left, step left together, step right to side
- &7 Touch left toe beside right, long step left to side
- &8 Kick right forward, long step right back (dragging left slightly towards right)

### Section 3 Cross, Back-Back, Heel Swivels, Heel Switches Forward, Heel Grind Turn 1/4 Right, &Back, Together

- 1&2 Cross left over right, step right back, step left back
- &3 Swivel both heels right, swivel heels back into center
- &4 Swivel heels right, swivel heels back into center (weight on left)
- 5&6 Touch right heel forward, step slightly forward right, dig left heel forward
- &7 Step slightly forward left, dig right heel forward
- & Grind right heel right turn 1/4 right and step slightly left back
- 8& Step right back, step left together (6:00)

**Note:** *Counts 5&6& above should travel forward*

### Section 4 Right Lock Step, Scuff-Step Forward (Left & Right), Left Mambo Turn 1/2 Left, Step, Touch, Turn 1/2 Left

- 1&2 Locking shuffle forward right, left, right
- &3&4 Scuff left forward, step left forward, scuff right forward, step right forward
- 5&6 Rock left forward, rock right back, turn 1/2 left and step left forward (12:00)
- 7& Step right forward, touch left back
- 8 Turn 1/2 left and step left forward

**Restart** *here on wall 2*

### Section 5 Out-Out, Forward Rock & Right Shuffle Turn 1/2 Right, Step, Pivot Turn 1/2 Right, Left Cross Shuffle

- 1-2 Step right forward and out to right side, pushing hips right, step left to side, pushing hips left
- 3& Rock right forward, rock left back (6:00)
- 4&5 Right shuffle turn 1/2 right and step right, left, right (12:00)
- 6-7 Step left forward, turn 1/2 right (weight to right)
- 8&1 Cross left over right, step right to side, cross left over right (6:00)

### Section 6 Triple 3/4 Turn Left, Left Sailor, Sweep Back (Right & Left), & Knee Pop

- 2& Turn 1/4 left and step slightly right back, turn 1/4 left and step left forward
- 3 Turn 1/4 left and step right to side (9:00)
- 4&5 Cross left behind right, step right together, step left to side
- 6 Sweep right out and around stepping right back behind left heel
- 7 Sweep left out and around stepping left back behind right heel
- &8 Rise up on ball of each foot, pop both knees forward, replace heels to floor (weight on left)

**Restart** *On wall 2, dance up to count 32, then start the dance again from the beginning (facing 3:00)*

Quelle:

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