

# UP SIDE DOWN

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**Count:** 48

**Wall:** 4

**Level:** Intermediate level

**Choreographer:** Marthe Thibeault

**Music:** Upside Down by 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 your 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**