

UP, SIDE, DOWN

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Count: 48

Wall: 4

Level: intermediate

Choreographer: Marthe Thibeault

Music: Upside Down by My Baby

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, ½ TURN PIVOT, LEFT SHUFFLE FORWARD, ¼ 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, ½ turn right taking weight on right
- 5&6 Step forward left, step right beside left, step forward left

7&8¼ turn left, step right out to right side, step left beside right, step right out to right side

CROSS STEP, ¼ TURN KICK, CROSS SHUFFLE, STEP CROSS, HOLD, BOUNCE, BOUNCE

- 1-2** Cross left over right, on the ball of left ¼ 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, ¼ 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&4¼ turn left (or 1 ¼ 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