

UPSIDE DOWN!

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Count: 64 **Wall:** 4 **Level:** intermediate

Choreographer: Darren "Texas Tornado" Tubridy

Music: Bouncin' Off The Ceiling (Upside Down) by The 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 ½ turn right

3-4 Step forward on left foot, make a ¼ turn right

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