

# UPSIDE INSIDE OUT

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**Count:** —                      **Wall:** 2                      **Level:** advanced

**Choreographer:** Zoe Laugharne & Neil Langford

**Music:** Livin' La Vida Loca by Ricky Martin

**Sequence:** AB, ACD, ACEBB, ACD, ACEBB, AD, ACAC, EBBA

## PART A

- 1-2**            Touch right toe to right side, hitch right knee forward
- 3-4**            Touch right toe to right side, hitch right knee forward
- 5-6**            With  $\frac{1}{4}$  turn right, step right foot forward, hold
- 7-8**            Step left foot forward,  $\frac{3}{4}$  pivot turn right, (back to starting wall)

- 9-10**          Touch left toe to left side, hitch left knee forward
- 11-12**        Touch left toe to left side, hitch left knee forward
- 13-14**        With  $\frac{1}{4}$  turn left, step left foot forward, hold
- 15-16**        Step right foot forward,  $\frac{3}{4}$  pivot turn left, (back to starting wall)

- 17-18**        Kick right foot forward, step right foot slightly forward
- 19-20**        Kick left foot forward, step left foot slightly forward

### **Styling: arms out in front & shimmy upper body**

- 21-22**        Touch right toe forward, touch right toe to right side
- 23-24**        With  $\frac{1}{2}$  turn right, drag & close right foot next to left

- 25-26**        Kick left foot forward, step left foot slightly forward
- 27-28**        Kick right foot forward, step right foot slightly forward

### **Styling: arms out in front & shimmy upper body**

- 29-30**        Touch left toe forward, touch left toe to left side
- 31-32**        With  $\frac{1}{2}$  turn left, drag & close left foot next to right

## PART B

- 1-2** Cross right toe over left, drop right heel & click fingers
- 3-4** Step left toe to left side, drop left heel & click fingers
- 5-6** With  $\frac{1}{4}$  turn to the left, step right foot forward &  $\frac{3}{4}$  pivot turn left (back to starting wall)
- 7-8** Step right foot to right side, slide left foot to meet right
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- 9-10** Cross left toe over right, drop left heel & click fingers
- 11-12** Step right toe to right side, drop right heel & click fingers
- 13-14** With  $\frac{1}{4}$  turn to the right, step left foot forward &  $\frac{3}{4}$  pivot turn right (back to starting wall)
- 15-16** Step left foot to left side, slide right foot to meet left

## PART C

- 1-2** Touch right toe to right side, cross right foot in front of left
- 3-4** Touch left toe to left side, cross left foot in front of right
- 5-6** With hip motion, step right foot forward &  $\frac{1}{2}$  pivot turn
- 7-8** Repeat steps 5-6
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- 9-12** Grapevine right & tap left toe inward next to right, (sugartoe)
- 13-16** Grapevine left & with  $\frac{1}{4}$  turn left, scuff right foot forward

### **Option: rolling grapevine completing 1 & $\frac{1}{4}$ turn to the left**

- 17-20** Right jazz box - crossing right over left, step left foot back, step right foot to right side, step left next to right
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- 21-24** Step right foot to right side & with  $\frac{1}{8}$  turn left, rotate hips to the left, repeat
- 25-26** Cross rock right foot over left, recover weight on left foot
- 27-28** Step right foot next to left, hold
- 29-30** Cross rock left foot over right, recover weight on right foot
- 31-32** Step left foot next to right, hold

## PART D

- 1&2** Small syncopated jump forward - right, left, (feet together) hold, (2)
- 3-4** Jump feet shoulder width apart, hold
- 5-6** Jump feet together, crossing right over left, hold
- 7-8** Full turn unwinding over left shoulder

## **PART E**

- 1-2** Rock right foot forward, rock weight back on left
- 3-4** Step right foot back, hold
- 5-6** Rock left foot back, rock weight forward on right
- 7-8** Step left foot forward, hold
  
- 9-10** Step right foot forward,  $\frac{1}{2}$  turn left, closing left foot next to right
- 11-12** Step right foot forward, touch left toe next to right
- 13-14** Step left foot forward,  $\frac{1}{2}$  turn right, closing right foot next to left
- 15-16** Step left foot forward, touch right toe next to left

## **REPEAT**