

Upside Down (□□□□)

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Count: 48 **Wall:** 4 **Level:** Intermediate

Choreographer: Kate Sala & Robbie McGowan Hickie (UK)

Music: Upside Down by Paloma Faith (88/176 bpm) CD..."Do You Want The Truth Or Something Beautiful?" ... (Script written as 88 bpm)

□□□ **16 Count intro - Start on Vocals**

□□□

Right Kick-Cross-Back.

Right Coaster. Step. Pivot 1/2 Turn Right. 1/2 Turn Right. Back Rock &

Point.

□ □ -□□ -□ , □□□ , □□ , □ 1/2, □□□□□

1&2

□ □

□

Kick

Right Diagonally forward Right. Cross step ball of Right over Left. Long step

back on Left.

□□□□□□ , □□□□□□□□ , □□□□□

3&4

□□□

Step

back on Right. Step Left beside Right. Step forward on Right.□□□□ , □□□□ , □□□□

5&6

□ □

□

Step

forward on Left. Pivot 1/2 turn Right. Make 1/2 turn Right stepping back on

Left. □□□ , □□ 180° , □□ 180°□□□□

7&8

□□□□

□□

Rock

back on Right. Rock forward on Left. Point Right toe out to Right side. (12

o'clock) □□□□ , □□□ , □□□□ (□□ 12□□)

□□□

Jazz

>Box

>>

>Box

>>Box

>Box

>> 1/4

>Box

>> Turn Right. Weave Right with

Kick. Right Sailor. Tap. Side Step Left. Kick. Step Back.

□ 1/4□□□□ , □□□□ , □□□□ , □ , □□□□ , □ , □

1&2

□ □ 90 □

Cross

step Right over Left. Make 1/4 turn Right stepping back on Left. Step Right to Right side.

□□□□□□□□ , □□ 90□□□□□□ , □□□□

3&

□□□

4

Cross

step Left over Right. Step Right to Right side.

□□□□□□□□ , □□□□

Cross

Left behind Right - Kicking Right Diagonally forward Right. (3 o'clock)

□□□□□□□□□□□□□□ (□□ 3□□)

5&6

□□□

Cross

Right behind Left. Step Left beside Right. Step Right to Right side. □□□□□□□□ ,

□□□□ , □□□□

&7

□□

□

Tap

Left toe beside Right. Long step Left to Left side.

□□□□ , □□□□

&8

□ □

Kick

Right forward. Long step back on Right - Dragging Left Slightly towards

Right. □□□□ , □□□□□□□□

□□□

Cross. Back-Back. Heel

Swivels. Heel Switches Forward. Heel Grind 1/4 Turn Right. & Back.

Together.

□□ , □□ , □□□ , □□□□ , □□ 1/4, □□

1&2

□ □ □

Cross step Left over Right. Step back

on Right. Step back on Left. □□□□□□□□ , □□□□ , □□□□

&3

□□

Swivel both heels Right. Swivel heels

back into centre.

□□□□ , □□□□

&4

□□

Swivel heels Right. Swivel heels back

into centre. (Weight on Left) □□□□ , □□□□ (□□□□)

5&6

□□

Dig Right heel forward. Step Slightly

forward Right. Dig Left heel forward. □□□□ , □□□□ , □□□□

Note: Counts 5&6& above ...

Should Travel Forward.

□□ : 5&6&□□□□

&7

□□

Step Slightly forward Left. Dig Right

heel forward.

□□□□ , □□□□

&

□□

Grind Right heel Right making 1/4

turn Right - Stepping Slightly back on Left. □□□□ 90□□□□

8&

□□

Step back on Right. Step Left beside

Right. (6 o'clock)

□□□□ , □□□□ (□□ 6□□)

□□□

Right Lock Step.

Scuff-Step Forward (Left & Right). Left Mambo 1/2 Turn Left. Step. Tap.

1/2 Turn Left.

□□□ , □□ (□ , □) , □□□ 1/2 , □ , □ , □ 1/2

1&2

□□□

Step forward on Right. Lock step Left

behind Right. Step forward on Right. □□□□ , □□□□□□□□ , □□□□

&3&4

□□□□

Scuff Left forward. Step forward on

Left. Scuff Right forward. Step forward on Right. □□□□□□ , □□□□ , □□□□□□ , □□□□

5&6

□□□

Rock forward on Left. Rock back on

Right. Make 1/2 turn Left stepping forward on Left. (12 o'clock)

□□□□□□ , □□□□□□ , □□ 180□□□□□□ (□□ 12□□)

7&

□□□□

Step forward on Right. Tap Left toe

behind Right heel.

□□□□ , □□□□□□□□

8 □

Make 1/2 turn Left stepping forward

on Left.

□□ 180□□□□

Note: A Restart is needed

During Wall 2 ... Dance up to Count 32 ... then Start the Dance again from the

Beginning (Facing 3 o'clock)

□□□□□□ , □□ 3□□ ,

□□□□

□□□

Out - Out. Forward Rock & Right Shuffle

1/2 Turn Right. Step. Pivot 1/2 Turn Right. Left Cross Shuffle.

□ □

mso-font-kerning:0pt">, □□ &

mso-font-kerning:0pt">□ 1/2□□□ , □□ , □□□□

1-2

Out Out

Step Right forward and out to Right

side, pushing hips Right. Step Left out to Left side, pushing hips Left.

□□□□□□ , □□□□□□

3&

□□ □□

Rock forward on Right. Rock back on

Left. (6 o'clock)

□□□□ , □□□□ (□□ 6□□)

4&5

□□□

Right shuffle making 1/2 turn Right

stepping Right. Left. Right. (12 o'clock)

□ 180□□□□ -□ , □ , □ (□□ 12□□)

6-7

□□ □□

Step forward on Left. Pivot 1/2 turn

Right.

□□□□ , □□□ 180□

8&1

□□□□

Cross step Left over Right. Step

Right to Right side. Cross step Left over Right. (6 o'clock)

□□□□□□□□ , □□□□ , □□□□□□□□ (□□ 6□□)

□□□

Triple 3/4 Turn Left. Left Sailor. Sweep

Back (Right & Left). & Knee Pop.

□□□□ 3/4,

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">, □□ (□ , □), □□

2&

□ 90 90

Make 1/4 turn Left stepping Slightly

back on Right. Make 1/4 turn Left stepping forward on Left.

□□ 90□□□□□□ , □□ 90□□□□□□

3

90

Make 1/4 turn Left stepping Right to

Right side. (9 o'clock)

□□ 90□□□□□□ (□□ 9□□)

4&5 □□□

Cross Left behind Right. Step Right

beside Left. Step Left to Left 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) □□□ , □□□ (□□□□□)