

# 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** 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.
- 7&8** Rock back on Right. Rock forward on Left. Point Right toe out to Right side. (12 o'clock)

**Jazz Box 1/4 Turn Right. Weave Right with Kick. Right Sailor. Tap. Side Step Left. Kick. Step Back.**

- 1&2** Cross step Right over Left. Make 1/4 turn Right stepping back on Left. Step Right to Right side.
- 3&** Cross step Left over Right. Step Right to Right side.
- 4** Cross Left behind Right - Kicking Right Diagonally forward Right. (3 o'clock)
- 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&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.
- &7** Step Slightly forward Left. Dig Right heel forward.

& Grind Right heel Right making 1/4 turn Right – Stepping Slightly back on Left.

8& Step back on Right. Step Left beside Right. (6 o'clock)

**Note: Counts 5&6& above ... Should Travel Forward.**

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

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)

7& Step forward on Right. Tap Left toe behind Right heel.

8 Make 1/2 turn Left stepping forward on Left. \*\*\*Restart Point – Wall 2 – See Note Below\*\*\*

**Out - Out. Forward Rock & Right Shuffle 1/2 Turn Right. Step. Pivot 1/2 Turn Right. Left Cross Shuffle.**

1 - 2 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)

4&5 Right shuffle making 1/2 turn Right stepping Right. Left. Right. (12 o'clock)

6 - 7 Step forward on Left. Pivot 1/2 turn Right.

8&1 Cross step Left over Right. Step Right to Right side. Cross step Left over Right. (6 o'clock)

**Triple 3/4 Turn Left. Left Sailor. Sweep Back (Right & Left). & Knee Pop.**

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

3 Make 1/4 turn Left stepping Right to Right side. (9 o'clock)

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)

**Start Again**

**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)**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=e-down-ID78644](https://www.linedance.com/index.php?f=dance_view&id=e-down-ID78644)