

Upside Down

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Choreographer: Nick Wright, 7 Coed Eva Mill, Coed Eva, Cwmbran, Gwent, NP44 7EU. Tele: +44(0)1633 860706.
Email: Nick.Wright@coedeva.com
Music: Upside Down by Poloma Faith, CD: Do You Want the Truth or Something Beautiful (Deluxe Edition), Track #5.
Also available from iTunes.
Time/Speed: 3:18 – slowed to 95% As downloaded 3:09
Footwork: Opposite unless noted (Women's footwork in parentheses)
Rhythm/Phase: Two Step Phase II+1 (Fishtail)
Degree of Difficulty: AVG
Sequence: Intro, A, B, C, A, B, C, D, C, End

INTRODUCTION

1-2 CP WALL WAIT 2 MEAS, LEAD FOOT FREE ; ;

1-2 In CP/WALL wait 2 meas ; ;

3-8 TRAV BOX SCP ; ; ; ; HITCH ; STEP BACK & HOLD ;

3-4 sd L, cl R, fwd L, -; blendg to RSCP fwd R, -, fwd L, -;
5-6 blendg to CP/WALL sd R, cl L, bk R, -; blendg to SCP fcg LOD fwd L, -, fwd R, -;
7-8 fwd L, cl R, bk L, -; bk R, -, -, -;

PART A

1-4 2 FWD TWO-STEPS ; ; 2 TRNG TWO-STEPS ; ;

1-2 fwd L, cl R, fwd L, -; fwd R, cl L, fwd R blendg to CP/WALL, -;
3-4 sd L, cl R, trn L, -; sd R, cl L, trn R blendg to OP LOD, -;

5-8 CIRCLE AWAY IN 2 TWO-STEPS ; ; STRUT TOG 4 TO SCP ; ;

5-6 trn LF (W RF) away from partner fwd L, cl R, fwd L, -; fwd R, cl L, fwd R trng LF to FC, -;
7-8 strut twd ptr fwd L, -, fwd R, -; fwd L, -, fwd R blendg to SCP/LOD, -;

9-12 REPEAT MEASURES 1-4 PART A ; ; ; ; 13-16 REPEAT MEASURES 5-8 PART A ; ; ; ;

PART B

1-4 TRAV BOX TO SCP ; ; ; ;

1-4 repeat measures 3-6 Part A ; ; ; ;

5-8 DBL HITCH ; ; SCOOT ; WLK & FC ;

5-6 fwd L, cl R, bk L,-; bk R, cl L, fwd R,-;
 7-8 fwd L, cl R, fwd L, cl R; fwd L, -, fwd R to CP/WALL, -;

PART C**1-4 LEFT TURNING BOX ; ; ; ;**

1-2 sd L, cl R, fwd L trng LF to CP/LOD, -; sd R, cl L, bk R trng LF to CP/COH, -;
 3-4 sd L, cl R, fwd L trng LF to CP/RLOD, -; sd R, cl L, bk R trng LF CP/WALL, -;

5-8 HALF BOX FWD ; SCISS THRU TO BFLY; VINE 4 ; WLK & PU ;

5-6 sd L, cl R, fwd L, -; sd R, cl L, XRif blendg to BFLY/WALL, -;
 7-8 sd L, XRib, sd L, XRif; fwd L, -, fwd R (W fwd R, fwd L trng LF) to CP/LOD, -;

9-12 2 FWD TWO-STEPS ; ; 2 PROG SCISS BJO CHECKING ; ;

9-10 fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;
 11-12 sd L, cl R, XLif (W XRib) to SCAR, -; sd R, cl L, XRif (W Xlib) to BJO with ck action, -;

13-16 FISHTAIL ; WALK 2 BFLY ; BASKETBALL TRN TO SCP ; ;

13-14 XLib R, sd R, fwd L, XRib L; (W XRif L, sd L, bk R, XLif R;) fwd L, -, fwd R to BFLY/WALL, -;
 15-16 lun sd LOD L trng ¼RF, -, rec R trng ¼RF to RLOD, -; lun fwd L RLOD trng ¼RF, -, rec R trng ¼RF blendg to SCP, -;

REPEAT PART A**REPEAT PART B****REPEAT PART C (TO BFLY)****PART D****1-4 VINE 3, TCH ; WRP ; UNWRP ; CHNG SIDES ;**

1-2 sd L, XRib, sd L, tch R; bring joined lead hands between partners, leading W to wrap LF sd R, XLib, sd R, tch L (W trn LF L, R, L, tch R);
 3-4 leading W to unwrap RF stp L, stp R, stp L, tch R (W trn RF R, L, R, tch L to fc); fwd R, cl L, fwd R, tch L (W under joined trail hands fwd L, fwd R, fwd L trng to fc M, -;) to BFLY/COH;

5-8 BASKETBALL TRN ; ; VINE 8 ; ;

5-6 lun sd RLOD L trng ¼RF, -, rec R trng ¼RF, -; lun sd LOD L trng ¼RF, -, rec R trng ¼RF to BFLY/COH, -;
 7-8 repeat measure 7 Part C ; repeat measure 7 Part C ;

9-12 VINE 3, TCH ; WRP ; UNWRP ; CHNG SIDES ;

9-10 repeat measures 1-2 Part D ; ;
 11-12 repeat measures 3-4 Part D ; ;

13-16 BASKETBALL TRN ; ; OPEN VINE 4 TO CP WALL ; ;

13-14 repeat measures 5-6 Part D ; ;
15-16 sd L, -, XRib, -; sd L, -, XRif to CP/WALL, -;

REPEAT PART C

ENDING

1-4 2 FWD TWO-STEPS ; ; DBL HITCH ; ;

1-2 repeat measures 1-2 Part A ; ;
3-4 repeat measures 5-6 Part B ; ;

5-8 CIRCLE AWAY IN 2 TWO-STEPS ; ; STRUT TOG 4 SCP ; ;

5-6 repeat measures 5-6 Part A ; ;
7-8 repeat measures 7-8 Part A ; ;

9-12 2 FWD TWO-STEPS ; ; DBL HITCH ; ;

9-10 repeat measures 1-2 Part A ; ;
11-12 repeat measures 5-6 Part B ; ;

13-16 CIRCLE AWAY IN 2 TWO-STEPS ; ; STRUT TOG 3 & POINT ON 4 ; ;

13-14 repeat measures 5-6 Part A ; ;
15-16 repeat measures 7-8 Part A on last step, point trail foot towards partner while leaning back ; ;