

## Up, Side, Down

64 count, 4 wall, intermediate, no restarts, no tags

Choreographer: Marthe Thibeault

Music: Upside Down by My Baby, CD Disco Dance Hits 1976-1996

Start dance on vocals – You're turning me...

6 WALKS FWD, STEP RIGHT, STEP LEFT (1, 2, 3, 4, 5, 6, 7, 8)

Travelling fwd, walk R, L, R, L, R, L, step R in place, step L in place

Optional arms for above 8 counts

Right Arm – Straight up over head (1)

Straight out to R side (2)

Straight down beside R hip (3)

Repeat 1, 2, and 3 (up, side down) (4, 5, 6)

Left Arm – Straight up over head (1)

Straight down beside L hip (2)

Repeat 1, 2 two more times (up, down, up down) (3, 4, 5, 6)

On counts 7, 8 arms remain down as you step R, L in place

RIGHT COASTER, ½ TURN PIVOT, LEFT SHUFFLE FWD, ¼ LEFT, RIGHT SHUFFLE

Step back on R, step back L next to R, step fwd on R (1&2)

Step fwd L, ½ turn R taking weight on R (3, 4) 6:00

Step fwd L, step R beside L, step fwd L (5&6)

¼ turn L, step R out to R side, step L beside R, step R out to right side (7&8) 3:00

CROSS STEP, ¼ TURN KICK, CROSS SHUFFLE, STEP CROSS, HOLD, BOUNCE, BOUNCE

Cross L over R, on the ball of L ¼ turn left, kick R to right side (1, 2) 12:00

Cross R over L, step L to left, cross R over L (3&4)

Step L to L, Cross R over L (&5)

Hold (6)

Bounce, Bounce (7, 8) weight ending on right

POINT CROSS, POINT & POINT, CROSS POINT, POINT & POINT

Point L to L side, cross L over R (1, 2)

Point R to right side, step R in place, point L to left side (3&4)

Step L over R, point R out to right side (5, 6)

Step R in place, point L to left side, step left in place, point R to right side (&7&8)

BEND KNEES, POINT LEFT, ¼ TURN LEFT, LEFT FWD SHUFFLE, SKATE, R, L,  
R.L.

Bend knees, shift weight over to right, as your point L out to left side (1, 2)

1/4 turn left, (or 1 1/4turn left) step fwd L, step R beside L step fwd L (3&4) 3:00

Skate R, L, R.L (5, 6, 7, 8)

3 WALKS BACK WITH TOUCH, 3 WALKS BACK WITH TOUCH

Walking back R, L, R touch L beside R (1, 2, 3, 4,)

Walking back L, R, L touch R beside L (5, 6, 7, 8)