



Approved by:



# Upside Down For Starters

## 4 WALL - 32 COUNT - BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8 &	<b>Step &amp; Touches, Side Close Side &amp; Touch (x 2)</b> Step right to right side. Touch left beside right. Step left to left side. Touch right beside left. Step right to right side. Close left beside right. Step right to right side. Touch left beside right. Step left to left side. Touch right beside left. Step right to right side. Touch left beside right. Step left to left side. Close right beside left. Step left to left side. Touch right beside left.	Right Touch Left Touch Side Close Side Touch Left Touch Right Touch Side Close Side Touch	Right Left Right Left Right Left
<b>Section 2</b> 1 - 2 3 - 4 5 - 6 7 - 8	<b>Charleston Points, Step (x 2)</b> Point right across left towards diagonal. Point right diagonally back to right. Point right across left towards diagonal. Step right to right side. Point left across right towards diagonal. Point left diagonally back to left. Point left across right towards diagonal. Step left to left side.	Forward Back Forward Back Forward Back Forward Back	On the spot
<b>Section 3</b> 1&2&3&4 5&6&7&8	<b>Hip Bumps</b> Touch right forward bumping right hip forward. Touch left forward bumping left hip forward.	Bump &2&3&4 Bump &6&7&8	On the spot
<b>Section 4</b> 1 & 2 & 3 & 4 & <b>Note</b> 5 & 6 & 7 & 8 &	<b>Toe Strut Back x 4, Toe Strut Forward x 4 Making 1/4 Turn</b> Step right toe back. Drop right heel taking weight. Step left toe back. Drop left heel taking weight. Step right toe back. Drop right heel taking weight. Step left toe back. Drop left heel taking weight. Counts 5&6&7&8&: Make 1/4 turn left while doing forward toe struts Step forward on right toe. Drop right heel taking weight. Step forward on left toe. Drop left heel taking weight. Step forward on right toe. Drop right heel taking weight. Step forward on left toe. Drop left heel taking weight. (9:00)	Back Strut Back Strut Back Strut Back Strut Toe Strut Toe Strut Toe Strut Toe Strut	Back Turning left

Choreographed by: Sho Botham (UK) November 2009

Choreographed to: 'Upside Down' by Paloma Faith (88bpm) from CD Do You Want The Truth Or Something Beautiful; also available as download from amazon.co.uk or iTunes



A video clip of this dance is available at [www.linedancermagazine.com](http://www.linedancermagazine.com)