Upside Down

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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, cr L, XiRif blendg to BFLY/WALL, -;
      7-8  sd L, XiRif, sd L, XiRif;  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 XRif) to SCAR, -;  sd R, cl L, XRif (W Xiib) to BJO with ck action, -;

13-16  FISHTAIL ;  WALK 2 BFLY ;  BASKETBALL TRN TO SCP ; ;
      13-14  XLib R, sd R, fwd L, XRif 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, XRib, 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 ; ;