

Up, Side, Down

Choreographer: Marthe Thibeault
Description: 48 count, 4 wall, intermediate line dance
Music: **Upside Down** by My Baby

Beats / Step Description

6 WALKS FORWARD, STEP RIGHT, STEP LEFT

- 1-2 Traveling forward walk right, left
3-4 Walk forward right, left
5-6 Walk forward right, left
7-8 Step right, left in place
Optional arms for above 8 counts. Both arms move at the same time
Left arm
1 Straight up over head
2 Straight down beside left hip
3-6 Repeat 1-2 two more times
7-8 Both arms remain down as you step right, left in place
Right arm
1 Straight up over head
2 Straight out to right side
3 Straight down beside right hip
4-6 Repeat 1-3 (up, side, down)
7-8 Both arms remain down as you step right, left in place

RIGHT COASTER, $\frac{1}{2}$ TURN PIVOT, LEFT SHUFFLE FORWARD, $\frac{1}{4}$ LEFT, RIGHT SIDE SHUFFLE

- 1&2 Step back on right, step back left next to right, step forward on right
3-4 Step forward left, $\frac{1}{2}$ turn right taking weight on right
5&6 Step forward left, step right beside left, step forward left
7&8 $\frac{1}{4}$ turn left, step right out to right side, step left beside right, step right out to right side

CROSS STEP, $\frac{1}{4}$ TURN KICK, CROSS SHUFFLE, STEP CROSS, HOLD, BOUNCE, BOUNCE

- 1-2 Cross left over right, on the ball of left $\frac{1}{4}$ turn left, kick right to right side
3&4 Cross right over left, step left to left, cross right over left
&5 Step left to left, cross right over left
6 Hold
7-8 Bounce; bounce (by flexing knees, weight ending on right)

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

- 1-2 Point left to left side, cross left over right
3&4 Point right to right side, step right in place, point left to left side
5-6 Step left over right, point right out to right side
&7&8 Step right in place, point left to left side, step left in place, point right to right side

BEND KNEES, POINT LEFT, $\frac{1}{4}$ TURN LEFT, LEFT FORWARD SHUFFLE, SKATE RIGHT, LEFT, RIGHT, LEFT

- 1-2 Bend knees, shift weight over to right, as your point left out to left side
3&4 $\frac{1}{4}$ turn left (or 1 $\frac{1}{4}$ turns left) step forward left, step right beside left step forward left
5-6 Skate right, left
7-8 Skate right, left

3 WALKS BACK WITH TOUCH, 3 WALKS BACK WITH TOUCH

- 1-4 Walk back right, left, right, touch left beside right
5-8 Walk back left, right, left, touch right beside left

Smile and Begin Again