



Specializing in
Line Dancing &
Couples Flow Dancing
To All Types of Music

- Weekly Classes
- Weekly Dances
- Beginner Lessons
- Intermediate Lessons
- Partner Lessons
- D.J. Service

Upside Down For Starters

Choreographed by Sho Botham

Description: 32 count, 4 wall, beginner line dance

Music: *Upside Down* by Paloma Faith

Start dancing on lyrics

STEP AND TOUCHES AND STEP SIDE, CLOSE, STEP SIDE AND TOUCH

- 1&2& Step and touch to right then left
3&4& Step to right side, close left, step to right side and touch left together
5&6& Step and touch to left then right
7&8 Step to left side, close right, step to left side and touch right together

3 X CHARLESTON POINTS AND STEP

- 1-3 Point right across left towards diagonal, point right diagonally back to right, point right across left towards diagonal
4 Step right to side
5-6-7 Point left across right towards diagonal, point left diagonally back to left, point left across right towards diagonal
8 Step left to side

HIP BUMPS

- 1&2&3&4& Bump hips right
5&6&7&8& Bump hips left

TOE STRUTS BACK X4, TOE STRUTS FORWARD X4 MAKING A TURN ¼ LEFT

- 1&2&3&4& Toe struts back x 4 right, left, right-left
5&6&7&8& Toe struts forward x 4 turn ¼ left

REPEAT

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