

UPSIDE DOWN

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 Music: "Upside Down" by Paloma Faith. Available .mp3 at Amazon & iTunes,
 YouTube link: <https://www.youtube.com/watch?v=OP3jyzqscQo>
 Time: 3:09 as downloaded from Amazon. Slow to 43 or 96%, or to suit
 Footwork: Opposite (*Woman's footwork opposite, except as noted in parentheses*)
 Rhythm/Phase: Two Step/Quickstep Phase III + 1 [Quarter Turn and Progressive Chasse]
 Degree of difficulty: AVG
 Sequence: Intro - A – B – C – A – B – C – D – C – END

INTRO**MAN FCG WALL & PARTNER FCG COH SIX FEET APART WAIT TWO MEASURES**

- 1-4 WAIT ; ; SLOW STRUT TOGETHER FOUR TO SCP ; ;**
- 1-2 Wait ; ;
 3-4 {Slo Strut Tog} Fwd L, -, fwd R, -; Fwd L, -, fwd R to SCP, -;
- 5-8 LACE UP TO CP WALL ; ; ;**
- 5 {Lc Acrs} Passing bhd W w/ ld hnds jnd mvg diag acr LOD fwd L, cl R, fwd L to LOP LOD, - (*W Passing in frnt of M undr jnd ld hnds & mvg diag acrs LOD fwd R, cl L, fwd R to LOP LOD, -*) ;
 6 {Fwd TS} Fwd R, cl L, fwd R, - (*W Fwd L, cl R, fwd L, -*) ;
 7 {Lc Bk} Passing bhd W with trl hnds jnd mvg diag acrs LOD fwd L, cl R, fwd L to OP LOD, - (*W Passing in front of M undr jnd trl hnds & mvg diag across LOD fwd R, cl L, fwd R to OP LOD, -*) ;
 8 {Fwd TS To Wall Bfly} Fwd R, cl L, fwd R BFLY WALL, - (*W Fwd L, cl R, fwd L BFLY COH, -*) ;
- PART A**
- 1-4 BOX ; ; REV BOX TO BFLY ; ;**
- 1-2 {Box} Sd L, cl R, fwd L, -;
 Sd R, cl L, bk R, -;
 3-4 {Rev Box} Sd L, cl R, bk L, -;
 Sd R, cl L, fwd R, -;
- 5-8 TRAVELING DOOR TWICE ; ; ;**
- 5-6 {Trvlg Dr} Sd L, -, rec R, -; Xlif, sd R, XLif, -;
 7-8 {Trvlg Dr} Sd R, -, rec L, -; XRif, sd L, X Rif, -;
- 9-12 FACE TO FACE & BACK TO BACK ; ; BASKETBALL TURN TO OPEN LOD ; ;**
- 13 {Fc to Fc} Sd L, cl R, sd L, trn LF 3/8 ;
 14 {Bk to Bk} Sd R, cl L, sd R, trn RF 3/8 to fc ptr BFLY WALL ;
 15 {Bball Trn To LOP Fcg RLOD} Sd L & chk trn 1/4 RF, -, rec R to fc RLOD, - ;
 16 {Bball Trn To OP Fcg LOD} Fwd L & chk trng 1/4 RF, -, rec R cont RF trn to end in OP LOD, -;
- 13-16 VINE APART & TOGETHER ; ; HITCH FORWARD AND BACK ; ;**
- 13 {Vn Apt} Sd L, XRib, sd L, tch R to L (*W Sd R, XLib, sd R, tch L to R*) ;
 14 {Vn Tog} Sd R, XLib, sd R, tch L to R (*W Sd L, XRib, sd L, tch R to L*) ;
 15 {Htch Fwd} Fwd L, cl R, fwd L, -;
 16 {Htch Bk} Bk R, cl L, fwd R, -;

PART B**1-4 CHARLESTON TWICE TO SCP ; ; ;:**

- 1-2 {ChrIstn} Fwd L, -, pt R fwd, -, Bk R, -, pt L bk, -;
 3-4 {ChrIstn} Fwd L, -, pt R fwd, -, Bk R, -, pt L bk, -;

5-8 FORWARD LOCK FORWARD TWICE ; ; SCOOT ; WALK & PICK UP :

- 5-6 {Fwd Lk Fwd 2X} Fwd L, XRib, fwd L, -; Fwd R, XLib, fwd R, -;
 7 {Scoot} Fwd L, cl R, fwd L, cl R ;
 8 {Wlk & PU} Fwd L, -, fwd R, - (W Fwd R, -, fwd L stpg in frnt of M trng LF to end in CP, -) ;

PART C**1-4 QUARTER TURN AND PROGRESSIVE CHASSE ~ FORWARD ; ; ;:****{Qtr Trns & Prog Chasse}**

- 1 Fwd L, -, fwd R turning RF 1/8, - (W Bk R, -, bk L trng RF 1/8, -);
 2 Sd L, cl R trng RF 1/8, sd & bk L DLC, - (W Sd R, cl L trn RF 1/8, sd & fwd R DLC, -) ;
 3 Bk R turn LF 1/8, -, sd L, cl R trrn LF1/8 (W Fwd L DLC turn LF1/8, -, sd R, cl L trrn LF1/8) ;
 4 Sd & slightly fwd L BJO DLW, - (W Sd & slightly bk R to BJO DLW, -), {Fwd} Fwd R BJO LOD, - (W Bk L BJO LOD, -) ;

5-8 FORWARD LOCK FORWARD : MANUEVER SIDE CLOSE : PIVOT TWO : DIP & RECOVER CP LOD :

- 5 {Fwd Lk Fwd} Fwd L, XRib, fwd L, -;
 6 {Man Sd Cl} Fwd R commence RF upper bdy trn comp 5/8 RF trn, -, sd L, cl R to CP RLOD (W Bk L commence RF upper bdy trn comp 5/8 RF trn, -, sd R, cl L to CP LOD) ;
 7 {Pvt 2} Bk L pvtg RF 1/2, -, fwd R to CP LOD ckg, - (W Fwd R comm 1/2 RF trn between M's ft, -, cont trn bk L ckg, -) ;
 8 {Dip & Rec} Dip bk L, -, rec R, -;

9-12 PROGRESSIVE SCISSORS TWICE CHECKING ; ; FISHTAIL ; WALK & FACE WALL :

- 9 {Prog Scis} Sd L, cl R, XLif & slightly fwd to SCAR, - (W Sd R, cl L, XRib & slightly bk to SCAR, -) ;
 10 {Prog Scis Ckg} Sd R, cl L, XRif & slightly fwd to BJO chkg, - (W Sd L, cl R, XLib & slightly bk to BJO chkg, -) ;
 11 {Fshtl} XLib, as bdy commences to trn RF small stp to sd on R comp 1/4 RF trn, fwd L, XRib (W XRif, as bdy commences to trn RF small stp to sd on L comp 1/4 RF trn, bk R, XLif) ;
 12 {Wlk & Fc WALL} Fwd L, -, fwd R trng 1/4 RF to CP WALL, - (W bk R, -, bk L trng 1/4 RF to CP COH, -) ;

13-16 STROLLING VINE ; ; ;:

- 1 {Strllg Vin} In CP commence slight RF upper bdy trn sd L, -, w/ slight LF upper bdy trn XRib, - (W in CP comm slight RF upper bdy trn sd R, -, with slight LF upper bdy trn XLif, -) ;
 2 Continue trn sd L, cont trn cl R, cont trn sd L, - (W cont turn sd R, cont turn close L, cont turn sd R, -) ;
 3 Comm slight LF upper bdy trn sd R, -, with slight RF upper bdy trn XLib, - (W comm slight LF upper bdy turn sd L, -, with slight RFupper bdy turn XRif, -) ;
 4 Cont trn sd R, cont trn cl L, cont trn sd R, - (W cont turn sd L, cont turn cl R, cont turn sd L, -) to fc WALL ;

[REPEAT PART A]**1-4 BOX ; ; REV BOX TO BFLY ; :****5-8 TRAVELING DOOR ; ; ;:****9-12 FACE TO FACE & BACK TO BACK ; ; BASKETBALL TURN TO OPEN LOD ; :****13-16 VINE APART & TOGETHER ; ; HITCH FORWARD AND BACK ; :****[REPEAT PART B]**

- 1-4 CHARLESTON TWICE TO SCP ; ; ; ;**
5-8 FORWARD LOCK FORWARD TWICE ; ; SCOOT ; WALK & PICK UP ;

[REPEAT PART C]

- 1-4 QUARTER TURN AND PROGRESSIVE CHASSE ~ FORWARD ; ; ; ;**
5-8 FORWARD LOCK FORWARD ; MANUEVER SIDE CLOSE ; PIVOT TWO ; DIP & RECOVER CP LOD ;
9-12 PROGRESSIVE SCISSORS TWICE CHECK ; ; FISHTAIL ; WALK & FACE WALL ;
13-16 STROLLING VINE TO BFLY WALL ; ; ; ;

PART D

- 1-4 TRAVELING DOOR TWICE ; ; ; ;**
 1-2 {Trvlg Dr} Sd L, -, rec R, -; XLif, sd R, XLif, -;
 3-4 {Trvlg Dr} Sd R, -, rec L, -; XRif, sd L, X Rif, -;
5-8 OPEN VINE 4 TO SCP ; ; TWO 2-STEPS TO CP WALL ; ;
 5-6 {Op Vn 4} Sd L, -, trng to LOP XRib, -; Trn to fc ptr & WALL sd L, -, XRif bldng to SCP, -;
 7-8 {2 Fwd TS to CP WALL} Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R to CP WALL, -;
9-12 BROKEN BOX ; ; ; ;
 {Brkn Box}
 9 Sd L, cl R, fwd L, -;
 10 Rk fwd R, -, rec L, -;
 11 Sd R, cl L, bk R, -;
 12 Rk bk L, -, rec R, -;
13-16 OPEN VINE 4 TO SCP ; ; SCOOT ; WALK & PICKUP ;
 13-14 {Op Vn 4} Sd L, -, trng to LOP XRib, -; Trn to fc ptr & WALL sd L, -, XRif bldng to SCP, -;
 15 {Scoot} Fwd L, cl R, fwd L, cl R ;
 16 {Wik & PU} Fwd L, -, short fwd R pu W, - (W Fwd R, -, fwd L stpg in frnt of M trng LF, -) to end in CP LOD ;

[REPEAT PART C]

- 1-4 QUARTER TURN AND PROGRESSIVE CHASSE ~ FORWARD ; ; ; ;**
5-8 FORWARD LOCK FORWARD ; MANUEVER SIDE CLOSE ; PIVOT TWO ; DIP & RECOVER CP LOD ;
9-12 PROGRESSIVE SCISSORS TWICE CHECK ; ; FISHTAIL ; WALK & FACE WALL ;
13-16 STROLLING VINE TO CP LOD [MODIFY MEASURE 16] ; ; ; ;
 16 Cont trn sd R, cont trn cl L, trn sd R 1/4, - (W Cont trn sd L, cont trn cl R, trn sd L 1/4, -) to CP LOD ;

[END]

- 1-4 TWO 2-STEPS LOD ; ; PROGRESSIVE SCISSORS WALK OUT TWO ; ;**
 1-2 {2 TS} Fwd L, fwd R, fwd L, -; Fwd R, fwd L, fwd R, -;
 3-4 {Prog Scis Wik 2} Sd L, cl R, XLif & slightly fwd to SCAR, -; Fwd L, -, fwd R, -;
5-8 PROGRESSIVE SCISSORS WALK IN TWO CHECK ; ; FISHTAIL ; WALK & FACE WALL TO BFLY ;
 5-6 {Prog Scis Wik 2} Sd R, cl L, XRif & slightly fwd to BJO, -; Fwd L, -, fwd R chkg, -;
 7 {Fshtl} XLib, as bdy commences to trn RF small stp to sd on R comp 1/4 RF trn, fwd L, XRib (W XRif, as bdy commences to trn RF small stp to sd on L comp 1/4 RF trn, bk R, XLif) ;
 8 {Wik & Fc WALL} Fwd L, -, fwd R trng RF to fc ptr BFLY WALL, - (W Fwd R, -, fwd L trng RF to fc ptr BFLY, -) ;
9-12 VINE EIGHT ; ; SLOW SIDE CLOSE ; SIDE CLOSE TWICE ;
 9-10 {Vn 8} Sd L, XRib, sd L, XRif ; Sd L, XRib, sd L, XRif ;
 11 {Slo Sd Cl} Sd L, -, cl R, -;
 12 {Sd Cl 2X} Sd L, cl R, sd L, cl R ;

13-15.1 DOOR TWICE ; ; VINE FOUR : EXPLODE APART.

- 13-14 {Dr 2X} Rk sd L, rec R, XLif, -; Rk sd R, rec L, XRif, -;
 15-15.1 {Vn 4} Sd L, XRib, sd L, XRif ; {Explode Apt} Relsg ld hnds rk apt L (W Rk apt R)
 sweeping ld hands up and back,
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QUICK CUES**INTRO 8 [TS]****MAN FCG WALL & PARTNER FCG COH SIX FEET APART WAIT TWO MEASURES**

- 1-4 **WAIT ; ; SLOW STRUT TOGETHER FOUR TO SCP ; ;**
 5-8 **LACE UP TO CP WALL ; ; ;**

PART A

- 1-4 **BOX ; ; REV BOX TO BFLY ; ;**
 5-8 **TRAVELING DOOR TWICE ; ; ;**
 9-12 **FACE TO FACE & BACK TO BACK ; ; BASKETBALL TURN TO OPEN LOD ; ;**
 13-16 **VINE APART & TOGETHER ; ; HITCH FORWARD AND BACK ; ;**

PART B

- 1-4 **CHARLESTON TWICE TO SCP ; ; ;**
 5-8 **FORWARD LOCK FORWARD TWICE ; ; SCOOT ; WALK & PICK UP ;**

PART C

- 1-4 **QUARTER TURN AND PROGRESSIVE CHASSE ~ FORWARD ; ; ;**
 5-8 **FORWARD LOCK FORWARD ; MANUEVER SIDE CLOSE ; PIVOT TWO ; DIP &**
RECOVER CP LOD ;
 9-12 **PROGRESSIVE SCISSORS TWICE CHECK ; ; FISHTAIL ; WALK & FACE WALL ;**
 13-16 **STROLLING VINE ; ; ;**

[REPEAT PART A]

- 1-4 **BOX ; ; REV BOX TO BFLY ; ;**
 5-8 **TRAVELING DOOR ; ; ;**
 9-12 **FACE TO FACE & BACK TO BACK ; ; BASKETBALL TURN TO OPEN LOD ; ;**
 13-16 **VINE APART & TOGETHER ; ; HITCH FORWARD AND BACK ; ;**

[REPEAT PART B]

- 1-4 **CHARLESTON TWICE TO SCP ; ; ;**
 5-8 **FORWARD LOCK FORWARD TWICE ; ; SCOOT ; WALK & PICK UP ;**

[REPEAT PART C]

- 1-4 **QUARTER TURN AND PROGRESSIVE CHASSE ~ FORWARD ; ; ;**
 5-8 **FORWARD LOCK FORWARD ; MANUEVER SIDE CLOSE ; PIVOT TWO ; DIP &**
RECOVER CP LOD ;
 9-12 **PROGRESSIVE SCISSORS TWICE CHECK ; ; FISHTAIL ; WALK & FACE WALL ;**
 13-16 **STROLLING VINE ; ; ;**

PART D

- 1-4 TRAVELING DOOR TWICE ; ; ;
5-8 OPEN VINE 4 TO SCP ; ; TWO 2-STEPS TO WALL ; ;
9-12 BROKEN BOX ; ; ;
13-16 OPEN VINE 4 TO SCP ; ; SCOOT ; WALK & PICKUP ;

END

- 1-4 TWO 2-STEPS LOD ; ; PROGRESSIVE SCISSORS WALK OUT TWO ; ;
5-8 PROGRESSIVE SCISSORS WALK IN TWO CHECK ; ; FISHTAIL ; WALK & FACE
WALL TO BFLY ;
9-12 VINE EIGHT ; ; SLOW SIDE CLOSE ; SIDE CLOSE TWICE ;
13-15.1 DOOR TWICE ; ; VINE FOUR ; EXPLODE APART.