

Upside Down

Level: Intermediate

Time: 3:09

Music by: Paloma Faith - Do You Want The Truth or Something Beautiful?

Choreo by: Sandra Heimann, Wichburgstraße 4, 44287 Dortmund

kenhidaka@hotmail.de,

Taught by: Sandra Heimann on 17th ClogConvention 2013 in Rotenburg/Wümme

Sequence: **A B C A B C Break C***

wait 16 beats, left foot is free

Part A:

Alabama DS DT(b) H TCH(ib) H BR UP/H
L R L R L R R L
&1 & 2 & 3 & 4

Appalachia DS DR S S DR S S
R R L R R L R
&1 & 2 & 3 & 4

Soccer DS DT UP/H DS RS
L R R L R LR
&1 & 2 & 3 & 4

Fancy Touch DS DS H(if) H TCH(ib) H
L R L R L R
&1 & 2 & 3 & 4

Repeat all above

Part B:

2 Slur Basic DS SLR S(xib) DS RS
L R R L RL
R L L R LR
&1 & 2 & 3 & 4

Jazz Box S S(xif) S(ib) S(ots)
L R L R
1 2 3 4

2 Basic DS RS
L RL
R LR
&1 & 2

Part C:

Kick Charleston DS DR/KK SL/Up T(ib) H RS
L L R L R R R LR
&1 & 2 & 3 & 4

Karate Rock DS KK (1/2 L) H RS KK UP/H
L R L RL R R L
&1 & 2 & 3 & 4

Triple Twist DS DS DT Twist(heels R) Twist(heels L) Up/H
R L R both both R L
&1 & 2 & 3 & 4

Joey DS BA(xib) BA(ots) BA(ots) BA(xib) BA(ots) S
R L R L R L R
&1 & 2 & 3 & 4

Repeat all above

Sequence: **A B C A B C Break C***

Break:

Steps & Wait S S (p) RS S S (p) RS S S (p) RS **turn 1/2 L**
 L R LR L R LR L R LR
 1 2 3 &4 5 6 7 &8 9 10 11 &12

Joey Split DS BA(xib) BA(ots) BA(ots) BA(xib) BA/H UP/SL
 L R L R L R L L R
 &1 & 2 & 3 & 4

Steps & Wait S S (p) RS S S (p) RS S S (p) RS **turn 1/2 L**
 L R LR L R LR L R LR
 1 2 3 &4 5 6 7 &8 9 10 11 &12

Fancy Fancy DS DS R(if)S RS(ots)
 L R L R LR
 &1 &2 & 3 &4

Part C *:

Kick Charleston DS DR/KK SL/Up T(ib) H RS
 L L R L R R R LR
 &1 & 2 & 3 &4

Karate Rock DS KK **(3/4 L)** H RS KK UP/H
 L R L RL R R L
 &1 & 2 &3 & 4

Triple Twist DS DS DT Twist(heels R) Twist(heels L) Up/H
 R L R both both R L
 &1 &2 & 3 & 4

Joey DS BA(xib) BA(ots) BA(ots) BA(xib) BA(ots) S
 R L R L R L R
 &1 & 2 & 3 & 4

Repeat all 3 times