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Paloma 2009

48 Count, 2 Wall, Intermediate Choreographer: Sebastiaan Holtland (NL) & Brandon Cheung (Aus) Oct 09

Choreographed to: Upside Down by Paloma Faith

32 Count Intro - start on vocals

1	Side Touch, Side Touch, Back Touch, Back Touch, Side Rock / Recover Cross, Back Step Cross
1&2&	Step Rf to the right side, & touch Lf next to Rf, step Lf to the left side, & touch Rf next to Lf weight onto Lf (12:00)
3&4&	Step Rf back on diagonal, & touch Lf next to Rf, step Lf back on diagonal, & touch Rf next to Lf weight onto Lf (12)
5&6 7&8	Rock Rf to the right side, recover on Lf, & cross Rf over Lf weight onto Rf Step back on Lf, stepping Rf to the right side, & cross Lf over Rf weight onto Lf (12:00)
2	1/4 Turn I, side lunge, together, chasse r-l-r with 1/4 turn r, Side rock /recover with 1/4 turn r, cross, 1/4 turn I back, back, touch
1-2	Make a 1/4 turn L & step (lunge) Rf to the right side (9), recover L & step Lf next to Rf & take weight onto Lf
3&4	Step Rf to the right side, step Lf next to Rf, step Rf to the right side with 1/4 turn right weight onto Rf (12)
5&6	Make a 1/4 turn right & rock Lf to the left side (3), recover on Rf, & cross Lf over Rf weight onto Lf
7&8	Make a 1/4 turn left on Lf & stepping back on Rf (12:00), & stepping back on Lf, & touch Rf next to Lf weight onto Lf
3	Heel Grind R Fwd, Back Rock / Recover, 1/4 Turn L Chasse R-L-R, Touch, Heel Grind L Fwd, Back Rock / Recover, Lock Shuffle
1&2&	Heel grind with Rf (toes from left to right), recover on Lf, rock back on Rf, recover on Lf weight onto Lf (12)
3&4&	Make a 1/4 turn left & step Rf to the right side (9) , & step Lf next to Rf, & step Rf to the right side, & touch Lf next to Rf weight onto Rf
5&6&	Heel grind with Lf (toes from right to left), recover on Rf, rock back on Lf, recover on Rf weight onto Rf
7&8	Step forward on Lf, lock Rf behind Lf, & step forward on Lf weight onto Lf (9:00)
4	Side rock / recover with 1/4 turn I, 1/4 turn r back side cross, Cross, back, tap, side & drag, hold
1&2	Make a 1/4 turn left & rock Rf to the right side (6) , recover on Lf, & cross Rf over Lf weight onto Rf
3&4	Make a 1/4 turn right on Rf & step back on Lf (9) , step Rf to the right side, & stepping forward Lf weight onto Lf
5-6& 7&8	Cross Rf over Lf, & step back on Lf, & tap Rf next to Lf holding weight onto Lf Step Rf to the right side, & Drag L towards Rf, HOLD (9:00)
	nt Beginning Wall 3 (Facing 12 O'clock) Restart After Count 32, Then takes weight back on Lf n Restart the dance again from the Beginning (9 o'clock)
5	Kick & side rock / recover (slightly forwards), kick & point, together, Kick & side rock / recover (slightly forwards), kick & point
1&2& 3&4& 5&6&	Kicking forward on Lf, step Lf back in place, rock Rf to the right side, recover on Lf (9) Kicking forward on Rf, step Rf back in place, & point Lf out to the left side, step Lf next to Rf Kicking forward on Rf, step Rf back in place, rock Lf to the left side, recover on Rf

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	Kick & side rock / recover (slightly forwards), kick & point
1&2&	Kicking forward on Lf, step Lf back in place, rock Rf to the right side, recover on Lf (9)
3&4&	Kicking forward on Rf, step Rf back in place, & point Lf out to the left side, step Lf next to Rf
5&6&	Kicking forward on Rf, step Rf back in place, rock Lf to the left side, recover on Rf
7&8	Kicking forward on Lf, step Lf back in place, & point Rf out to the Right side weight onto Lf (9:00)
6	Cross Samba (Right & Left), 1/4 Pivot L, Run Run R-L, & Heel
1&2	Cross step Rf over Lf, step Lf to the left side & slightly backward,
	step Rf to the right side & slightly forward (9)
3&4	Cross step Lf over Rf, step Rf to the R side & slightly backward,
	step Lf to the left side & slightly forward
5-6	Pivot 1/4 left, & take weight onto Lf
7&8	Stepping forward on Rf, & stepping forward on Lf, & bring right heel forward (toes up)
	& holding weight onto Lf (6:00)