

Upside Groove

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Jean-Pierre Madge (CH) - March 2026

Music: Upside Down - Jaden Bojsen & David Guetta



Intro: 20 counts from first beat (app. 10 seconds into track). Start with weight on L foot.

Tag happens on wall 4 facing 6', after 24 counts

[1 – 8] Hitch, Point, Together, Hold, Heel twist 4x

1-2-3-4 Hitch R knee (1), point R to R (2), Close R next L (3), Hold (4), 12:00

5-6-7-8 Twist heels to R, L, R, L (5,6,7,8) end with weight on L 12:00

[9 – 16] R vine 1/4R, Brush, Step, Together, Hip bump R,L

1-2-3-4 Step R to R (1), Cross L behind R (2), ¼ R step R forward (3), Brush L (4), 3:00

5-6-7-8 Step L forward (5), Step R next L (6), Bump hips R, L (7,8) 3:00

[17 – 24] Back Touch x4

1-2-3-4 Step R back to R diagonal (1), Touch L next R (2), Step L back to L diagonal (3), Touch R next L (4), 3:00

5-6-7-8 Step R back to R diagonal (5), Touch L next R (6), Step L back to L diagonal (7), Touch R next L (8) 3:00

[25 – 32] Back Rock, Shuffle forward, Step pivot ½ R, Shuffle forward

1-2-3&4 Rock R back (1), Recover (2), Step R forward (3), step L next to R (&), Step R forward (4), 9:00

5-6-7&8 Step L forward (5), Pivot ½ R Step R forward (6), Step L forward (7), Step R next L (&), Step R forward (8) 9:00

TAG: Back, Hold, Together, Hold

1-2-3-4 Step R back (1), Hold (2), Step L next R (3), Hold (4) 6:00

Start again !
