

# ROUND & ROUND

Count: 32. Wall: 4. Level: Improver

Choreographer: Adrian Lefebour (AUS) - June 2025

Music: **Upside Down** by Human Nature. Album: Upside Down - single

---

**INTRO: 32 count. start on the word 'Down'. Weight on L. One Restart.**

## **VINE RIGHT, TOUCH, 1/4 LEFT, 1/2 LEFT, 1/2 LEFT SHUFFLE**

- 1-4 Step R to right, Step L behind R, Step R to right, Touch L beside R - prepping your body to turn  
5,6 Turn ¼ left step L forward, Turn ½ left step R back  
7&8 Turn ½ left step L forward, Step R beside L, Step L forward [9:00]

## **CROSS, POINT, CROSS, POINT, JAZZ BOX 1/4 RIGHT, CROSS**

- 1-4 Cross R over L, Point L to left, Cross L over R, Point R to right  
5-8 Cross R over L, Turn ⅛ right step L back, Turn ⅛ right step R to right, Cross L over R [12:00]

**RESTART: Wall 4**

## **ROCK RIGHT, RECOVER, CROSS SHUFFLE, 1/4 RIGHT, 1/4 RIGHT, SHUFFLE**

- 1,2 Rock R to right, Recover onto L  
3&4 Cross R over L, Step L to left, Cross R over L  
5,6 Turn ¼ right step L back, Turn ¼ right step R forward [6:00]  
7&8 Step L forward, Step R beside L, Step L forward

## **OUT-OUT, HOLD-IN-CROSS, HOLD, 2 HEEL BOUNCES 1/4 RIGHT, KICK-BALL-CROSS**

- &1,2 Step R to right, Step L to left (**hip width apart**), Hold (**weight even**)  
&3,4 Step R to centre, Cross L over R, Hold  
&5&6 Bounce heels Up/Down twice turning ¼ right (**weight on L**) [9:00]  
7&8 Kick R forward 45° right, Step ball of R beside L, Cross L over R

**32 REPEAT**

**RESTART: During Wall 4 - Dance to count 16 and Restart facing 3:00.**

**ENDING: During Wall 7 – Start the wall facing 9:00 - Dance to count 28 facing 3:00 then:  
Do two 1/4 turning heel bounces to face 9:00, do your Kick-Ball-Cross, Step R to right and  
look right to the front wall to finish.**