

Down Below

Count: 32

Wall: 4

Level: Improver

Choreographer: Sebastiaan Holtland (NL) - April 2015

Music: Quicksand - Caro Emerald : (New single - 24-04-2015)



(Sequence: 32, 32, 32, 16, Restart, 32, 32, 32, 16, Restart, 32, 32, 8, Restart, 32, 32, 32, 8 ending).
Intro 16 count start dancing at the vocals.

Sec 1. [1-8] Cross, ¼ R, Back, Back, Touch, Down, Up, Replace, ¼ L, Knee Lift.

1-4 Cross Rt over Lt, turn ¼ right (3) step Lt slightly back, step Rt slightly back, touch Lt fwd.

5-8 Dip your body down, coming up and step Lt back in place, turn ¼ left (12) lift R knee up.

Last Restart here WALL 11 after 8 count (facing 6 o'clock) after start again (facing 6 o'clock).

Sec 2. [9-16] Vine Left Across with ¼ L, ½ Pivot L, Walks Fwd R-L.

1-4 Cross Rt over Lt, step Lt to the left, step Rt behind Lt, turn ¼ left (9) step Lt slightly fwd.

5-8 Step Rt fwd, turn ½ left (3) take weight onto Lt, walk Rt fwd, walk Lt fwd.

Restarts here WALL 4 / 8 after 16 count (facing 9 o'clock) after start again (facing 12 o'clock).

Sec 3. [17-24] Dorothy Step R, ¼ L, Step, Lock, Step, Syncopated Rocks with ¼ R.

1,2& Step Rt diagonal forward, lock Lt behind Rt, step Rt diagonal forward.

3&4 Turn ¼ left (12) step Lt slightly fwd, lock Rt behind Lt, step Lt slightly fwd.

5-6 Rock Rt fwd, recover on Lt.

&7-8 Turn ¼ right (3) step Rt to right, rock Lt fwd, recover on Rt.

Sec 4. [25-32] Touch Back, ½ Unwind L, ¼ Pivot L, Diag Kicking Monterey with ¼ L.

1-4 Touch Lt back, unwind ½ left (9) take weight onto Lt, step Rt fwd, turn ¼ left (6) take weight onto Lt.

5-8 Step Rt fwd (dip R knee slightly), kick Lt out to left, turn ¼ left (3) step Lt back in place, kick Rt out to right.

Start Again and have fun!

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