

Down For The Count

Count: 36

Wall: 2

Level: Improver

Choreographer: Daniel Clément (BEL) - March 2025

Music: Down for the Count - India Ramey



Intro: 8 count

[1-8] Heel Jack R & L -Step Turn 1/2 L – Shuffle

- 1&2& Cross Rf over Lf – Step Lf to L – Tap Rf on diagonal R – Rf next Lf
3&4& Cross Lf over Rf – Step Rf to R – Tap Lf on diagonal L – Lf next Rf
5-6 Rf step forward – 1/2 turn To L (6 :00)
7&8 Rf step forward – Lf together – Rf step forward

[9-16] Heel & Hell & Shuffle Forward (X2)

- 9& Tap Lf forward – Lf together
10& Tap Rf forward – Rf together
11&12 Lf step forward – Rf together – Lf step forward
13& Tap Rf forward – Rf together
14& Tap Lf forward – Lf together
15&16 Rf step forward – Lf together – Rf step forward

[17-24] Mambo Forward – Back Scoot – Back – 1/4 Turn L – Kick Ball Cross

- 17&18 Rock Lf forward – Recover on Rf – Lf step back
&19 Step backward on Lf (with Scoot) Hitch Rf– Step Rf backward
&20 Step backward on Rf (with Scoot) Hitch Lf – Step Lf backward
21-22 Step Rf backward – 1/4 turn to L, Lf to the L (9 :00)
23&24 Rf kick forward – Rf together – Cross Lf over Rf

[25-32] Side Rock – Behind Side Cross – Side Rock, Behind 1/4 Turn Step

- 25-26 Rock Rf to R – Recover on Lf
27&28 Cross Rf behind Lf – Step Lf to the L – Cross Rf over Lf
29-30 Rock Lf to the L – Recover on Rf
31&32 Cross Lf behind Rf – 1/4 turn to the R, Rf step forward – Lf step forward (6 :00)

[33-36] Rock Forward – Side Rock

- 33-34 Rf rock forward – Recover on Lf
35-36 Rf rock to the R – Recover on Lf