

# Cha Down

Count: 32

Wall: 4

Level: Improver

Choreographer: Nancy Morgan (USA)

Music: Day Off - Ronnie McDowell



---

## **SIDE STEP, FORWARD ROCK STEP, SIDE SHUFFLE, BACK ROCK**

- 1-2-3 Step right out to right, rock/step forward on left and back on right  
4&5 Side shuffle to left - left, right, left  
6-7 Rock/step back on right and forward on left

## **½ TURN SHUFFLE, BACK ROCK, ½ TURN SHUFFLE, BACK ROCK**

- 8&1 As you turn ½ turn to your left, shuffle - right, left, right  
2-3 Back/rock on left and forward on right  
4&5 As you turn ½ turn to your right, shuffle - left, right, left  
6-7 Back/rock on right and forward on left

## **STEP SIDE-BEHIND-SIDE, CROSS-STEP, POINT, BEHIND-SIDE-CROSS, TOUCH FORWARD AND SIDE**

- 8&1 Step right foot forward, step left behind right, step right to right side  
2-3 Cross/step left over right, touch right foot out to right side  
4&5 Step right behind left, step left to left side, cross right just slightly over left and forward  
6-7 Touch left toe forward, touch left toe out to left side

## **SAILOR SHUFFLE, ¼ COASTER STEP, TOUCH HEEL FORWARD, TOUCH TOE BACK, STEP TOUCH, SIDE SHUFFLE**

- 8&1 Step left behind right, step right to right side, step left out to left side  
2&3 As you turn ¼ turn to your right, do a coaster step - step back on right, back on left, forward on right  
4-5 Tap left heel forward, tap left toe back  
6-7 Step forward on left, touch right next to left  
8& Start side shuffle - step right to right side, step left next to right

**REPEAT**

---