

# Tie Me Down!

**Compte:** 32

**Mur:** 2

**Niveau:** Intermediate

**Chorégraphe:** Tara Busbridge (UK) & Keith Westcar - June 2015

**Musique:** Tie Me Down - Jack Savoretti : (Album: Written In Scars - iTunes)



**(Intro 8 Counts From Heavy Beat, Approximately 20 seconds)**

## **Section 1: Step Right, Kick-Ball-Point X 2, Left Jazz Quarter.**

- 1 Step Right To Right Side.
- 2&3 Kick Left Foot Forward, Step Left Next to Right, Point Right to Right Side.
- 4&5 Kick Right Foot Forward, Step Right Next to Left, Point Left to Left Side.
- 6,7,8 Cross Left Over Right, ¼ Left Turn stepping back on Right, Step Left to Left.

## **Section 2: Cross & Heel X 2, Quarter Turn Right, ¼ Chasse Right, Ball Step.**

- 1&2& Cross Right Over Left, Step Left to Left & Dig Right Heel to Right Diagonal, Step Right Next to Left.
- 3&4 Cross Left Foot Over Right, Step Right to Right Side, Dig Left Heel to Left Diagonal
- &4&,5 Step Left Next to Right, Cross Right Foot Over Left,
- 6 Turn ¼ Right stepping back on Left.
- 7&8 Turn ¼ Right step Right, Step Left Next To Right, Step Right to Right.
- & Step Left Next to Right \*\*

## **Section 3: Right Side Rock & Cross, Hold, Ball-Cross, ¾ Turn Right, Left Shuffle.**

- 1&2 Rock Right to Right Side, Recover weight on Left, Cross Right over Left.
- 3&4 Hold, Step Left to Left, Cross Right over Left.
- 5-6 Turn ¼ Right Stepping Back On Left, Turn ½ Right Stepping Forward on Right.
- 7&8 Step Left Forward, Step Right Next to Left, Step Left Forward. (Alternatively Full Triple Turn Right)

## **Section 4: Right Rock, Recover, ½ Shuffle Right, Kick & Point, Dig & Touch.**

- 1-2 Rock Forward on Right, Recover Weight on Left.
- 3&4 Turn ¼ Right Stepping Right to Right, Step Left Next to right, Turn ¼ Right Stepping Forward on Right.
- 5&6& Kick Left Forward, Step Left next to Right, Point Right to Right, Step Slightly back on Right.
- 7&8 Dig Left Heel Forward, Step Left next to Right. Point Right back behind Left.

**Repeat (Continue Same Speed Through Slow Section at End of Music, Dance Will Finish Facing 12 O'clock)**

**Tag 1 \*\* Insert After counts 16 on Wall 2 (Restart 12 O'clock) & Wall 5 (Restart 6 O'clock) then Restart Dance.**

### **Right Rock, Sailor ¼ Right, Touch**

- 1-2 Rock Right to Right, Recover Weight On Left
- 3&4 Sweep Right Behind Left, Turn ¼ Right Stepping back on Left, Touch Right to Right.

### **Tag 2 At the end of Wall 3 (Facing 6 O'Clock)**

#### **" Full Diamond-ish" Shape, Right Jazz Box Cross**

- 1&2 Step Right To Right Diagonal, Turn ¼ Left Stepping Right Next to Left, Step Right Foot Back to Left Diagonal
- 3&4 Stepping Left Next to Right, Step Right Foot Back Behind Left, Step Left to Left Diagonal.
- 5&6 Turn ¼ Left Stepping Right Next to Left, Step Left Foot Back Behind Right, Step Right Back to Right Diagonal
- 7&8 Turn ¼ Left Stepping Left Next to Right, Step Right Behind Left, Turn ¼ Left Stepping Forward on Left

**(You should finish in approximately the same position before you started Tag 2.**

**This section feels good danced on the balls of your feet, kinda natural!)**

1-4                    Cross Right Over Left, Step Back on Left, Step Right to Right, Cross Left Over Right.

**Enjoy Yourself**

**Last Site Update - 21st July 2015**

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