

Amber Bring Me Down

Compte: 32

Mur: 4

Niveau: Improver Country

Chorégraphe: Ole Jacobson (DE) & Nina K. (DE) - January 2021

Musique: Things That Bring Me Down - Amber Lawrence



Note: The dance begins with the singing

[1-8] Chasse, back, recover (R+L)

- 1&2 RF step to the right - step LF next to RF - step RF to the right
- 3,4 LF step backwards - shift weight to RF
- 5&6 LF step to the left - step RF next to LF - step LF to the left
- 7,8 RF Step back - shift weight to LF

[9-16] Toe, heel, kick, back, recover

- 1 tap right toe next to left foot (heel direction to the right)
- 2 tap the right heel forward (the tip of the foot direction to the right)
- 3,4 Repeat counts 1,2
- 5,6 Kick RF twice diagonally forward and right (turn body slightly)
- 7,8 Step back RF - shift weight to LF

Restart: 3rd wall (6:00), 6th wall (12:00), 8th wall (9:00)

[17-24] Paddle turn 1/4 left, jazz box

- 1,2 RF small step forward - 1/8 L-turn (weight at end on LF)
- 3,4 Repeat counts 1,2
- 5,6 Cross RF over LF - step LF backwards
- 7&8 RF step to the right - place LF next to RF

[25-32] Diagonally Side, drag, close, hold, side, drag, touch, hold (with shoulder shimmies) (R+L)

- 1,2 RF step to the front diagonally right - pull LF towards RF (wiggle your shoulders back and forth)
- 3,4 Place LF on RF - Hold

Restart: 5th wall (12:00), 10th wall (3:00)

- 5,6 LF step diagonally to the left behind - pull RF towards LF (shaking your shoulders back and forth)
- 7,8 RF close to LF - Hold

... and from the beginning

Restart: 3rd wall (6:00), 6th wall (12:00), 8th wall (9:00), after each 16 counts

Restart: 5th wall (12:00), 10th wall (3:00), after every 28 counts

Last Update - 16 Jan. 2021