

# Down For The Count

**Compte:** 36

**Mur:** 2

**Niveau:** Improver

**Chorégraphe:** Daniel Clément (BEL) - March 2025

**Musique:** 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