

Tie Me Down!

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Tara Busbridge (UK) & Keith Westcar - June 2015
音乐: 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
