

Drag Me Down

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Phrased Intermediate / Advanced
编舞者: Andie Ghidui (USA) - September 2015
音乐: Drag Me Down - One Direction



Intro: 8 count fade in - Sequence: AA BB C // AA B C // BB C*C**//+1

Part A: 32 counts

A[1-8] □ Hold, step, side-rock-ball, ¼ back- rock, step, kick-ball

1-4& Hold weight R, step fwd L, rock side R on R, recover L, step R next to L 12:00
5-8& Turn ¼ R rocking back on L, recover fwd R, step fwd L, kick R fwd, step down on ball of R 3:00

A[9-16] □ Rock-recover, ½ chasse, step, ¼ back, ½ turn, step

123&4 Rock fwd on L, recover R, turn ¼ L stepping side L, step R next to L, turn ¼ L and step fwd 9:00
5-8 Step fwd on R, turn ¼ R and step back on L, turn ½ R and step fwd on R, step fwd L 6:00

A[17-24] □ ½ turn, ¼ turn, side rock-recover, cross, side-behind, sweep

1-4 Step fwd on R turning ½ L, continue to turn another ¼ L on R, rock side L on L, recover R 9:00
56&78 Cross L in front of R, step R side R, step L behind R, sweep R behind L over 2 counts

A[25-32] □ Step down, side-rock, cross, touch, behind-side-turn, rock-step

&1234 Step down on R (end of sweep), rock side L on ball of L, recover R, cross L in front of R, touch R to side R
5&6 Step R behind L, step L side L, cross R over L
7-8 Turn ¼ L and rock L fwd, recover R □ 6:00

Part B: □ 32 counts

B[1-8] □ Side, hold, recover, full turn, cross-side-back

1-5 Step side L on L, lean to L side, recover R, full turn R on R over 2 (L knee in figure 4) □ 12:00
6-8 Cross L in front of R, step back on R at a R diagonal, step back on L at a L diagonal

B[9-16] □ ¼ step, pivot ¾, rock, hold-recover, kick-ball-step, rock-step

1-4& Turn ¼ L stepping fwd on R, pivot ¾ L, rock side R on R, hold, recover L
5&678 Kick R fwd, step on ball of R, step fwd on L, rock fwd on R, recover L 12:00

B[17-24] □ Back sweep, behind, turn, hold, cross-side-back

1-4 Step back on R and over 2 counts sweep L behind R, step down on L, step slightly R on R turning ½ R
5-8 Hold, cross L in front of R, step back on R to R diagonal, step back on L to L diagonal 3:00

B[25-32] □ ¼ step, ¾ pivot, rock, hold-recover, kick-ball-step, step, touch

1-4& Turn ¼ L stepping fwd on R, pivot ¾ L, rock side R, hold, recover L & □ 6:00
5&678 Kick R fwd, step on ball of R, step fwd L, step fwd R at a R diagonal, touch L next to R

Part C: 32 counts

C[1-8] □ Step L to side L, face diagonal, shift R with clap, hold, 3 knee slaps, hold, clap, hold

1-4 Step L to side L, shift weight L pivoting to face R diagonal, shift weight R with clap on 3, hold 12:00

(Arms: On 1-2, L arm fwd and R back; on 3, arms swing and switch places and clap as they pass)

&5&678 Shift weight L slapping R thigh 3x (R, L, R), hold 6, recover weight R with clap on 7, hold 8

(Arms: after finishing clap on count 7, R arm should be fwd with L arm back)

C[9-16] □ Weight shift L, hold, shift R with clap, hold, shift L, hold, shift R, hold □

1-4 Shift weight L, hold, shift weight to R with clap on 3, hold

(Arms: On count 1, swing L arm fwd and R back as you shift weight L, arms switch places for clap on 3)

5-8 Take weight L crossing forearms in an X in front of chest with elbows bent and palms facing in, hold, shift weight R and uncross and bring arms down behind sides with hands in fists* 7, hold (Arms and hands should be tense 5-8)

C[17-32] □ Repeat counts 1-16 on same wall. Feel free to yell "Hey!", on counts 11 and 22 (on clap before the arm cross).

***Note: On count 29 (last arm cross) of second to last C* section 6:00, turn ¼ R and step side L on L. 9:00 Continue on to last C section facing at new R diagonal.**

****Ending: On last 2 counts (side fists) of final C section, square to front wall while lifting L heel and leaning fwd over R foot.**

+1... □ Bend both knees slightly and scoop down and back to L foot and then straighten legs and take weight leaning back over L (lift front toe and let heel drag back during lean). Push arms fwd. at same time. (On the word "Down...") 12:00

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