

# Love Me Down

拍数: 64      墙数: 4      级数: Phrased High Intermediate  
编舞者: Fred Whitehouse (IRE) - February 2016  
音乐: Love Me Down - Jason Derulo



Intro – 16 Counts - Sequence – A, B, B, A, Tag, A 16c, B, B, A, A, A, A

## Section A - 32 counts

### A1: Step sweep, mambo, heel grind back x2, sailor ¼ turn L

1,2,            Step forward on R sweeping LF from back to front, step LF forward  
3&4            Rock RF forward, recover weight onto L, step RF back  
5,6            Step LF back grinding R heel, step RF back grinding L heel  
7&8            Step LF behind R, step RF to R side, ¼ L stepping LF forward (9.00)

### A2: C bump, shuffle, repeat

1&2            ¼ turn L hitching R knee up as you bump R hip, step RF to R side, bump hip to R as you pop LF knee  
3&4            ¼ L stepping LF forward, close RF next to L, step LF forward (3.00)  
5&6            ¼ turn L hitching R knee up as you bump R hip, step RF to R side, bump hip to R as you pop LF knee  
7&8            ¼ L stepping LF forward, close RF next to L, step LF forward (9.00)

**\*Restart here\* (During wall after the tag, you will finish facing 3.00)**

### A3: Out, out, in, in, touch x2, hitch, boogie walks R,L,R ¼ turn R rock and cross

&1&2           Step RF out, step LF out, step RF in, step LF in  
3&4            Touch RF to R side, touch RF next to L, hitch R knee up as you raise up on left toe  
5&6            Run forward R,L,R (boogie walk)  
7&8            Rock LF forward, make ¼ turn R recovering weight on RF, cross LF over R (12.00)

### A4: Touch, twist, weave, touch, twist, weave ¼ turn

1&2            Touch RF to R side, twist R heel out, twist R heel in  
3&4            Step RF behind L, step LF to L, cross RF over L  
5&6            Touch LF to L side, twist L heel out, twist L heel in  
7&8            Step LF behind R, ¼ turn R stepping RF forward, step LF forward (3.00)

## SECTION B - 16 counts X2

### B1: Walk x2, Rock and cross x2, weave

1,2,            Walk forward R,L  
3&4            Rock R to R side, recover, cross R over L  
5&6            Rock L to L side, recover, cross L over R  
&7&8           Step R to R side, step L behind R, step R to R side, cross L over R

### B2: Out, out, hip dips x 2, triple ½ turn L, hip dips, close, touch

&1            Step R out to R, step L out to L side (shoulder width apart)  
2,3           Push hips to R and down completing full circle clockwise x2 (bend knees on downward motion, these are fast) weight ends on RF  
4&5           Step LF behind R, ¼ L stepping RF to R side, ¼ L stepping LF out to L (on the spot, ½ L)  
6,7           Push hips to R and down completing full circle clockwise x2 (bend knees on downward motion, these are fast) weight ends on RF  
&8            Close LF next to R, touch RF beside L

**B3 + B4: \* REPEAT 16 COUNTS \***

**TAG: 8 counts (Facing 6.00)**

**Step point snap x2, heel twists, click x2**

1,2 Step RF forward, point LF to L side clicking both fingers in front  
3,4 Step LF forward, point RF to R side clicking both fingers in front  
&5& Twist R heel out, twist R heel in, twist R heel out  
6&7 Twist R heel in, Twist R heel out, twist R heel in  
&8 Close RF next to L (click R finger, tilt head to R) step LF in place (click L finger, tilt head to L)

**Hope you enjoy, please don't let the sequence put your off. - Happy dancing**

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**Last Update – 2nd Feb. 2016**

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