

Drag Me Down

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Carl Sullivan (AUS) - September 2016
音乐: Drag Me Down - One Direction : (Album: Drag Me Down - 3:12)



Pattern: Each Complete Sequence Turns ¼ Left

INTRO: After pressing play, wait 5 seconds and count 1 2 3 4 (will need some practice)
or Let 16 counts go by and start on count 17

- 1-2-3-4 Step R to R, Rock-step L back behind R, Replace on R, Step L to L
5-6 Step R behind L, ¼ L Step L fwd
7&8 ¼ L Side Shuffle R-L-R to R side - 6:00
- 1-2-3-4 Cross touch/step L behind R, Unwind ¾ L, Step R fwd, Pivot ¼ turn L onto L
5&6 Cross Shuffle R-L-R
7-8 ¼ R Step L back, ¼ R Step R to R side (Hinge turn ½ R) □ - 12:00
- 1-2-3-4 Rock-step L across R, Replace on R, ¼ L Step L fwd, Passing Scuff with R
5-6 Cross-step R over L, Step L to L
7&8 ¼ R Step R back, Step L beside R, Touch R heel fwd
- 1-2-3&4 Step down on R, Step L fwd, Kick R fwd, Step R beside L, Step L back
5-6-7&8 Step R back, Drag L back, L back Coaster Step (L, R, L)
- 1&2-3-4 Shuffle fwd R-L-R, Step L fwd, Pivot ½ turn onto R - □6:00
5&6-7-8 Shuffle fwd L-R-L, Step R fwd turning ¾ L, Step down onto L □ - 9:00
- 1-2&3-4 Step R fwd, Touch L beside R, Step L back, Step R fwd, Step L fwd
5-6-7-8 Pivot ¼ turn R onto R, Step L across R, ¼ L Step R back, ½ L Step L fwd - □3:00
- 1&2 Kick R towards R diagonal, Step down on R, Cross-step L over R on diagonal
3-4 Big step fwd on R on R diagonal, Drag L to R & touch beside R
5&6 Kick L towards L diagonal, Step down on L, Cross-step R over L on diagonal
7-8 Big step fwd on L on L diagonal, Drag R to L & touch beside L
- 1-2-3-4 Facing 3:00 Step R fwd, Pivot ½ turn L onto L, Step R fwd, Step L beside R - 9:00
5-6-7&8 Step R back, Drag L back, L back Coaster Cross (L, R, L) - 9:00

[64] □ □

Restart: On Wall 3, dance 32 counts and Restart

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