

Cheer Down

拍数: 64 墙数: 4 级数: Low Intermediate
编舞者: Jenifer Wolf (CAN) - April 2017
音乐: Cheer Down (2009 Mix) - George Harrison : (Album: Let It Roll)



Intro: 32 counts - CCW

(A) WEAVE, TRIPLE, ROCK, REPLACE

1-2 Step right foot to right side, Cross left foot behind right foot
3-4 Step right foot to right side, Cross left foot over in front of right foot
5&6 Step right foot to right side, Step left foot beside right foot, Step right foot to right side
7-8 Cross left foot slightly in front of right foot, Step right foot in place

(B) □WEAVE, TRIPLE, ROCK, REPLACE

1-2 Step left foot to left side, Cross right foot behind left foot
3-4 Step left foot to left side, Cross right foot over in front of left foot
5&6 Step left foot to left side, Step right foot beside left foot, Step left foot to left side
7-8 Cross right foot slightly in front of left foot, Step left foot in place

(C) □STEP FORWARD, STEP, TRIPLE, TRIPLE, ROCK, REPLACE

1-2 Step right foot forward, Step left foot forward
3&4 Step right foot forward, Step left foot beside right foot, Step right foot forward
5&6 Step left foot forward, Step right foot beside left foot, Step left foot forward
7-8 Step right foot forward, Step left foot in place

(D) STEP BACK, STEP, TRIPLE, TRIPLE, ROCK, REPLACE

1-2 Step right foot back, Step left foot in back
3&4 Step right foot back, Step left foot beside right foot, Step right foot back
5&6 Step left foot back, Step right foot beside left foot, Step left foot back
7-8 Step right foot back, Step left foot in place

(E) □SIDE, ROCK, CROSS SHUFFLE, STEP, TURN ¼ R., TRIPLE FORWARD

1-2 Step right foot to right side, Step left foot in place
3-4 Cross right foot over in front of left foot, Step left foot to left side, Cross right foot over left
5-6 Step left foot to left side, Turn ¼ right onto right foot
7-8 Step left foot forward, Step right foot beside left foot, Step left foot forward

(F) □ROCK, REPLACE, TURN ½ R. TRIPLE, TURN ½ R. TRIPLE, ROCK, REPLACE

1-2 Step right foot forward, Step left foot in place (3:00 o'clock wall)
3&4 Turn 1/2 right onto right foot, Step left foot beside right foot, Step right foot forward
5&6 Turn ½ right step back on left foot, Step right foot beside left foot, Step left foot forward
7-8 Step right foot back, Step left foot in place

(G) LOCK FORWARD, BRUSH, LOCK FORWARD, BRUSH

1-2 Step right foot forward, Cross left foot behind right foot
3-4 Step right foot forward, Brush left foot beside right foot
5-6 Step left foot forward, Cross right foot behind left foot
7-8 Step left foot forward, Brush right foot beside left foot

(H) □STEP, TURN ½ LEFT, STEP, BRUSH, SWAY, LRL, HOLD

1-2 Step right foot forward, Turn ½ left onto left foot
3-4 Step right foot forward, Brush left foot beside right foot

5-6 Step left foot to left side as you sway left, Sway right
7-8 Sway left, Hold

Restart: 16 counts, 1st. time facing 3:00 o'clock wall, dance A & B, then start over

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Contact ~ E-mail: dancewithwolfs@telus.net - web site: www.dancewithwolfs.com
