

Shoot U Down

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Johanna Barnes (USA) - September 2017
音乐: Shoot You Down (feat. Kennyon Brown) - Avii



(Clock notation begins on your start wall as 12:00. Each phrase will carry a new 12:00 start wall, ¼ to the left of the previous phrase.)

[1~8]: STEP, KNEE POP, STEP, HITCH, LOCK STEP, STEP, ½ TURN L

1, 2 R step forward (1); L tuck instep behind R, popping knee forward (with finger snaps if you like) (2)
3, 4 R step forward (3); hitch L knee (4)
5 & 6 L step forward (5); R cross step behind L (&); L step forward (6)
7, 8 R step forward (7); ½ turn left onto L [6:00] (8)

[9~16]: LOCK STEP-PREP, ¼ TURN BACK, ¼ TURN R, L CROSS, HIP PUSH/ROCK, L-R SWAY

1 & 2 R step forward (1); L cross step behind (&); R step forward in open/prep position (2)
e, a 4 while rotating ½ turn right, step back onto L [12:00] (e); R step to right side (ah); L step across R (4)
5 & 6 touch R forward, push/rock hips forward (5); push/rock hips back (&); push/rock hips forward and weight R (6)
7, 8 rock/sway out to L (7); pushing off L, rock onto R (8)

[17~24]: WEAVE, HIP ROLL, STEP-CROSS, TRAVELING FOOT TWISTS

1 & 2 L cross step behind R (1); R step to right side (&); L step across R (2)
3 - 4 while stepping right onto R, roll hips from left, backward to right, releasing weight from L (3-4)
5, 6 L step to left side (5); R step across L (6)
7 & 8 L out to left, both heels moving left (7); move both L/R toes left (&); moving left with L/R heels, lift R heel (8)

***Variation option for 3-4: Right C-bump. Depending on verse/chorus, play around in this section with your attitude.**

[25~32]: OPEN STEP BACK (ROLL), SIT/HOLD, BACK L, BACK R, COASTER ¼ CROSS, TRIPLE PUSH R

1, 2 R step back (open to right for styling, and/or from a body roll back into it) (1); sink in and hold (2)
3, 4 L step back (3); R step back (4)
5 & 6 L step back (5); R step back, next to L (&); L step forward, open to left, start making a ¼ left [9:00] (6)
7 & 8 R step to right* (7); L step across R* (&); R step to right* (8)

***Hint: As you start your turn at the end of the coaster step, slightly over-rotate, then lead your right side crossing shuffle back with your shoulders.**

This should feel more like an angled 'pushing back' if you prefer, or almost back lock step.

[YOU WILL RESTART HERE AFTER 32 COUNTS OF PHRASE 4 (the 2nd chorus, add on an & count L [12:00])**]**

[33~40]: SIDE STEP, LOW KICK, ROCK BACK-RECOVER, PADDLE HIP CIRCLES x2 FOR ¼ L TURN

1, 2 L step left (squaring up to 9:00) (1); R low kick with a slight rotation right (2)
3, 4 R rock back (3); recover onto L (4)
5-6 stepping out onto R, roll hips from left, backward in a full circle, while turning 1/8 left, then weight L (5-6)
7-8 stepping out onto R, roll hips from left, backward in a full circle, while turning 1/8 left, then weight L [6:00] (7-8)

***Hint: 5-8 are counter-clockwise, circling your hips around as you push off of R to L, finishing ¼ left after both hip rolls.**

[41~48&]: STOP STEP, SWITCH, STEP ½ TURN R, KICK-BALL PLACE FORWARD, ¼ TURN BOOTY BOUNCE

- 1-2 R 'plant' a step forward (split weight) (1); hold (2)
& 3, 4 releasing R, bring R next to L (&); L step forward (3); ½ turn right onto R [12:00] (4)
5 & 6 L low kick forward (5); L step next to R, and underneath your hips (&); R step/place forward* (6)
&7&8& bouncing through the knees, rotate to turn ¼ left (hips back and around) (&7&8); finish with weight on L [9:00] (&)

***Try pushing R heel forward and change weight onto and off of it as you bounce and rotate. Use your booty and hips!**

(BEGIN AGAIN, and most certainly DWYF!)

V4.0

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This step description is intended to be a guideline. Dance demos and visual references may be found on the DanceWhatYouFeel YouTube channel. <http://www.youtube.com/user/DanceWhatYouFeel>

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