

Down for Your Lovin'

拍数: 0 墙数: 0 级数: Phrased Advanced
编舞者: Fred Whitehouse (IRE) & Shane McKeever (N.IRE) - September 2019
音乐: Goodbye (feat. Nicki Minaj & Willy William) (R3HAB Remix) - Jason Derulo & David Guetta



Intro – none, starts straight away

Sequence: A, B, B, C, C, A, B, B, Tag, C, C, A, B, C, C

Part A: 48 Counts

A1: Step R, cross rock, side rock, behind side cross, rock R, recover 1/4 turn L with flick

1 Step R to R diagonal
2&3& Cross rock L over R, recover on R, side rock L to L, recover on R
4&5 Step L behind R, step R to R side, Cross L over R
6-7 Rock R to R, recover on L making 1/4 turn L flick R (9.00)

A2: Mambo fwd, weave 1/2 turn R, kick & heel ball cross

8&1 Rock fwd R, recover on L, step back on R sweeping L
2&3 Step L behind R, step R to R, Step 1/8 R fwd L
4&5 Step R fwd, make 1/8 turn R step L to L, make 1/8 turn R step back R
6&7& Step L behind R, make 1/8 turn R step R to R, kick L over R, Step L to L side
8&1 R heel to R, close R next to L, cross L over R (3.00)

A3: Hold, out out ball cross shuffle, & together, body roll, behind, 1/8 turn L

2 Hold
&3&4&5 R out, L out, R in, cross L over R, R to R, cross L over R
&6 R to R facing L diagonal, 1/8 turn L stepping L next to R (1.30)
7 Body roll
8& Step R back, make 1/8 turn L step L to L (12.00)

A4: Touch side touch side touch, boogie walk, rocking chair, 1/2 turn right

1&2& Touch R next to L, step R to R, touch L next to R,, step L to L
3 Touch R next to L click fingers to sides
4&5 Boogie walk R, L, R
6&7& Rock fwd L, recover R, rock back L, recover R
8 Make 1/2 turn R stepping back on L

A5: (Pony step back, 1/4 turn L with shimmy or shoulder rolls) x2

1&2 Rock back R, recover on L, step back on R
3&4 Make 1/4 turn L step L to L shimmying/roll shoulders
5&6 Repeat 1&2
7&8 Repeat 3&4

A6: Pony step back, 1/4 turn L with attitude, R sailor step, hook L behind R, unwind 3/4 turn L

1&2 Rock back R, recover on L, step back on R
3&4 Make 1/4 turn L step L to L shimmying/roll shoulders
5&6 Step R behind L, step L to L, step R to R
7-8 Hook L behind R, unwind 3/4 turn L (12.00)

Part B:

B1: Right basic, 1/4 turn L waving, 1 1/2 turn R, jazzbox 1/4 turn L, hold

1-2-3-4 Step R to R, hold, step L behind R, cross R over L
5-6 Make 1/4 turn L step fwd on L waving with R hand

7-8 1/2 turn R step fwd R, 1/2 turn R step back L,

1-2 1/2 turn R step fwd R sweeping LF, hold

3-4-5-6 Cross L over R, step back on R, 1/4 turn L stepping L to L side, hold

Arm movement

7-8 R arm to R closing fist, L arm to L closing fist

&1-2 Pull both arms in to body, throw arms up opening hands palms up, hold

3-4 Close palms as you pull arms half way to L sway R, pull arms down to R side sway L

Part C: 16 counts

C1: Big step R, L together, out out, heel turn, R toes up down, step 3/4 pivot R, finger move

1 Big step towards R diagonal on R

2&3 Step L next to R, R out, L out

&4&5 Twist R heel in, twist L heel out making 1/4 turn R, R toe up push bum out, hold (3.00)

&6-7& Close R next to L, step fwd L, pivot 3/4 turn R on R, step L to L right index finger up

8 e&a Right finger down L,R,L,R (zig zag movement, finished pointed at R foot)

C2: Look down, heel twist, ball side bodyroll, ball rock, hitch, cross & cross & cross 1/2 turn R

1&2 Pointing R finger on R foot looking down twist R heel out, in, out

&3-4 Step ball of R next to L, step L to L making a body roll (3-4 on diagonal R 1.30)

&5&6 Step ball of R next to L, rock L to L, recover on R hitching L (12.00), cross L over R

&7&8 Make 1/2 turn R stepping R to R, cross L over R, step R to R, cross L over R

Tag: 12 counts

1-2 Pop R hand and chest x2 (R hand in height of head making L shape with R arm)

3-4 Pop L hand and chest x2 (L hand in height of head making L shape with L arm)

5-6 Raise R arm straight fwd bend at wrist fingers pointing down, (drop R arm) raise L arm straight fws bend at wrist fingers pointing down (drop L arm)

7-8 Raise R elbow to R side hand down, raise L elbow to L side hand down

&1-2 R foot step in, L foot step in looking down, Raise both hands like your under arrest

3&4& Run around one full turn R keeping arms up R,L,R,L

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