

Tear Me Down

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Maggie Gallagher (UK) - January 2020
音乐: Tear Me Down (feat. Philip Rustad) - Davai : (iTunes, amazon)



Intro: 8 counts (4 secs)

S1: WALK, ANCHOR STEP, ½, ¼, L SAILOR

1 Walk forward on left
2&3 Lock right behind left, Step weight onto left, Step back on right
4-5 ½ left stepping forward on left, ¼ left stepping right to right side [3:00]
6&7 Step left behind right, Step right to right side, Step left to left side

S2: TAP TAP KICK, R SAILOR, SWAY, SWAY, RUN RUN RUN/RISE

8&1 ¼ right on ball of left tapping right next to left, ¼ right on ball of left tapping right next to left, ¼ right on ball of left ronde kicking right from front to back [12:00]
2&3 Step right behind left, Step left to left side, Step right to right side
4-5 Sway left angling body to left diagonal, Sway right angling body to right diagonal
6&7 ⅛ left running forward on left, ⅛ left running forward on right, Run forward on left rising up on ball of left hitching right knee [9:00]

S3: CROSS BACK BACK/SIT, WALK, WALK, L LOCK STEP, SWEEP, TOUCH

8&1 Cross right over left, ⅛ right stepping back on left, Sit back on right bending knees [10:30]
2-3 Walk forward on left, Walk forward on right
4&5 Step forward on left, Lock right behind left, Step forward on left
6-7 ⅛ left ronde sweeping right from back to front, Touch right in front of left [9:00]

S4: SIDE ROCK CROSS, ¼, ¼, CROSS, ¼, ¼, CROSS, CROSS, SIDE ROCK TOGETHER

8&1 Rock right to right side, Recover on left, Cross right over left
2&3 ¼ left stepping forward on left, ¼ left stepping right to right side, Cross left over right [3:00]
4&5 ¼ right stepping forward on right, ¼ right stepping left to left side, Slightly cross right over left [9:00]
6 Cross left over right
7&8 Rock right to right side, Recover on left, Step right next to left

S5: KICK CROSS BACK & STEP, ½ PIVOT, KICK CROSS BACK & STEP, ¼ PIVOT

1&2& Kick left forward, Cross left over right, Step back on right, Step left to left side
3-4 Step forward on right, ½ pivot left stepping forward on left [3:00]
5&6& Kick right forward, Cross right over left, Step back on left, Step right to right side
7-8 Step forward on left, ¼ pivot right stepping right to right side [6:00]

S6: CROSS, SIDE ROCK, CROSS, SIDE ROCK, WALK L-R-L-R

1-2& Cross left over right, Rock right to right side, Recover on left
3-4& Cross right over left, Rock left to left side, Recover on right
5-6 ¼ right walking forward on left, ¼ right walking forward on right [12:00]
7-8 ¼ right walking forward on left, ¼ right walking forward on right [6:00]

TAG: 16 count tag at the end of Wall 2 & Wall 4 facing [12:00]

KICK CROSS BACK & STEP, ½ PIVOT, KICK CROSS BACK & STEP, ½ PIVOT

1&2& Kick left forward, Cross left over right, Step back on right, Step left to left side
3-4 Step forward on right, ½ pivot left stepping forward on left [6:00]
5&6& Kick right forward, Cross right over left, Step back on left, Step right to right side
7-8 Step forward on left, ½ pivot right stepping right to right side [12:00]

CROSS, SIDE ROCK, CROSS, SIDE ROCK, WALK L-R-L-R

- 1-2& Cross left over right, Rock right to right side, Recover on left
3-4& Cross right over left, Rock left to left side, Recover on right
5-6 ¼ right walking forward on left, ¼ right walking forward on right [12:00]
7-8 ¼ right walking forward on left, ¼ right walking forward on right [6:00]

Ending: Dance 16& counts of Wall 6 [4:30], step back on right, touch left behind right, unwind ¾ left stepping forward on left [12:00], then add right and left shoulder pops on the last two beats of the music.

This dance is dedicated to Sean and the girls in Calgary January 2020

www.facebook.com/MaggieGChoreographer or www.maggieg.co.uk
