

Amber Bring Me Down

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver Country
编舞者: Ole Jacobson (DE) & Nina K. (DE) - January 2021
音乐: Things That Bring Me Down - Amber Lawrence



Note: The dance begins with the singing

[1-8] Chasse, back, recover (R+L)

1&2 RF step to the right - step LF next to RF - step RF to the right
3,4 LF step backwards - shift weight to RF
5&6 LF step to the left - step RF next to LF - step LF to the left
7,8 RF Step back - shift weight to LF

[9-16] Toe, heel, kick, back, recover

1 tap right toe next to left foot (heel direction to the right)
2 tap the right heel forward (the tip of the foot direction to the right)
3,4 Repeat counts 1,2
5,6 Kick RF twice diagonally forward and right (turn body slightly)
7,8 Step back RF - shift weight to LF

Restart: 3rd wall (6:00), 6th wall (12:00), 8th wall (9:00)

[17-24] Paddle turn 1/4 left, jazz box

1,2 RF small step forward - 1/8 L-turn (weight at end on LF)
3,4 Repeat counts 1,2
5,6 Cross RF over LF - step LF backwards
7&8 RF step to the right - place LF next to RF

[25-32] Diagonaly Side, drag, close, hold, side, drag, touch, hold (with shoulder shimmies) (R+L)

1,2 RF step to the front diagonally right - pull LF towards RF (wiggle your shoulders back and forth)
3,4 Place LF on RF - Hold

Restart: 5th wall (12:00), 10th wall (3:00)

5,6 LF step diagonally to the left behind - pull RF towards LF (shaking your shoulders back and forth)
7,8 RF close to LF - Hold

... and from the beginning

Restart: 3rd wall (6:00), 6th wall (12:00), 8th wall (9:00), after each 16 counts

Restart: 5th wall (12:00), 10th wall (3:00), after every 28 counts

Last Update - 16 Jan. 2021