Down Down Down



编舞者: Helaine Norman (USA) - June 2021

音乐: Every Now and Then - Noisettes: (Album: Wild Young Hearts)



Intro: Vocal (12 counts in)

*1 Restart - **1 easy 4-count Tag and Restart

I. SWAY SWAY, BEHIND SIDE CROSS; SWAY SWAY, ½ SAILOR L TURN

1-2 Sway R side (1), sway L side (2)

3&4 Step R behind L (3), step L side (&), step R over L (4)

5-6 Sway L side (5), sway R side (6)

7&8 Make sailor ½ turn left (sweeping L behind R) (7), step R (&) step L (8) 6:00

II. FORWARD, RECOVER, TRIPLE ½ TURN R; PIVOT ½ TURN R, TRIPLE FULL TURN R

1-2 Rock R forward (1), recover to L (2)

3&4 Make triple ½ turn right R-L-R (3&4) 12:00

5-6 Step L forward (5)making pivot ½ turn right (weight to R) (6) 6:00

7&8 Make triple full turn right L-R-L (7&8) 12:00

III. SIDE, TAP TOGETHER, SIDE, TAP TOGETHER, STEP: ROCK OVER RECOVER, TRIPLE 1/4 TURN L

1-2 Step R side (1), touch L together (2)

3&4 Step L side (3), touch R together (&), step R (4) (or on the spot)

5-6 Rock L over R (5), recover to R (6)

7&8 Make ¼ turn left, triple left side L-R-L (7&8) 9:00

IV. CROSS SIDE KICK BALL CROSS; SIDE KICK BALL CROSS SIDE WITH DRAW WITH HOOK

1-2 Step R over L (1), step L side (2)

3&4 Kick R (3), step (ball) (&), Cross L over R (4)

5-6 Step R side (5), kick L, step (ball) (6)

&7-8 Step L (ball) (&), step R over L (7), step L back (slightly diagonally and with R draw to L with

hook over L) (8)

V. WIZARD STEPS X 3; PIVOT 1/2 TURN R

1-2& Step R forward diagonally (1), lock L behind R (2), step R forward diagonally (&) 4:30 Step L forward diagonally (3), lock R behind L (4), step L forward diagonally (&) 7:30

*RESTART HERE DURING WALL 3 (AFTER ONLY THE TWO WIZARDS) FACING 9:00

5-6& Step R forward diagonally (5), lock L behind R (6), step R forward diagonally (7) 4:30 7-8 Step L forward (squared off at 9:00) (7), make ½ pivot turn right (weight to R) 3:00

Styling for wizard steps: Dip forward down while pushing both hands with palms down.

VI. SIDE DRAW, BALL TOGETHER, SIDE, TAP TOGETHER; SIDE DRAW, BALL TOGETHER, SIDE, STEP TOGETHER

1-2 Step L side (1), draw R together (2)

&3-4 Step R together (ball) (&), step L side (3), touch R together (4)

** TAG AND RESTART HERE DURING WALL 5 FACING 3:00

5-6 Step R side(5), draw L together (6)

&7-8 Step L together (ball) (&) step R side (7), step L together (8)

Styling: Dip forward down to side while pushing palms down as VI.

REPEAT

*TAG - During wall 3 after only two wizards facing 9:00

**TAG AND RESTART - During wall 5 repeat 1-2&3-4 facing 3:00 and restart dance.
ENDING - During wall 7 after only two wizards, facing 3:00 step R forward pivot ½ turn left to 12:00 and pose.

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