

Down Home

拍数: 32 墙数: 2 级数: Intermediate NC
编舞者: Ria Vos (NL) & Ivonne Verhagen (NL) - May 2022
音乐: down home - Jimmie Allen



Intro: 16 Counts

Side, Behind, Side, Cross w/Sweep, 1/8 Turn L Walk Fwd R-L, Press Fwd, 1/2 Turn R w/Leg Swing, Step Fwd, Step Spiral 5/8 Turn R

1-2& Step R to R Side, Step L Behind R, Step R to R Side
3-4& Cross L Over R Sweeping R, 1/8 Turn L Step R Fwd, Step L Fwd (10:30)
5-6 Press Fwd on R (Extending R Arm Fwd), Recover on L
& Flick and Swing R Foot in A Circle Around (CW) Turning 1/2 Turn R on L (4:30)
7-8 Step Fwd on R, Step Fwd on L Spiral Turn 5/8 Turn R (12:00) ***Restart Point

Basic NC R. 1/4 Turn L w/Sweep, Diamond 1/4 Turn R, 1/8 R Fwd, Rocking Chair, 1/2 Turn R w/Sweep

1-2& Step R to R Side, Step L Behind R, Cross R Over L
3-4& 1/4 Turn L Step Fwd on L Sweeping R, Cross R Over L, Step L to L Side (9:00)
5-6& 1/8 Turn R Step Back on R, Step Back on L, 1/8 Turn R Step R to R Side (12:00)
7&8& 1/8 Turn R Rock Fwd on L, Recover on R, Rock Back on L, Recover on R (1:30)
1 1/2 Turn R Step Back on L Sweeping R from Front to Back (7:30)

1/8 R Sailor Step, Touch, Step, Touch, Step w/Sweep 1/4 R, Cross, 1/4 L, 1/4 L, Cross Rock

2&3 1/8 Turn R Step R Behind L, Step L to L Side, Step R Fwd to R Diagonal (9:00)
&4& Touch L Next to R, Step L Fwd to L Diagonal, Touch R Next to L
5-6 Step R Fwd to R Diagonal Sweeping L into 1/4 Turn R, Cross L over R (12:00)
&7 1/4 Turn L Step Back on R, 1/4 Turn L Step L to L Side (6:00)
8& Cross Rock R Over L, Recover on L

1/4 R Step Fwd w/Hitch 1/2 Turn R, Slide Back, Coaster Step-Lock-Step, Mambo 1/2 Turn L, Full Turn L [+ 1/4 L]

1-2 1/4 Turn R Step Fwd on R Hitching L Into 1/2 Turn R, Slide Back on L (3:00)
3&4 Step Back on R, Step L Next to R, Step Fwd on R
&5 Lock L Behind R, Step Fwd on R
6&7 Rock Fwd on L, Recover on R, 1/2 Turn L Step Fwd on L (9:00)
8& 1/2 Turn L Step Back on R, 1/2 Turn L Step Fwd on L

[1] Turn a 1/4 Turn L to Start the dance from count 1 (6:00)

Restart: On wall 3 After Count 8 (12:00)