

Down

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Joachim Armbruster (DE) - November 2023
音乐: Down - Marian Hill



Start: Start after 16 counts.

[1-8] Kick ball Boogie-Walk, Mambo step, Toe switches

1&2 Kick R diagonal R FW (1), Step R slightly FW (&), Step L FW bending both knees to L (2)
3&4 Step R FW bending both knees to R (3), Step L FW bending both knees to L (&), Step R FW bending both knees to R (4)
5&6& Step L FW (5), Recover weight onto R (&), Step L BW (6), ¼ turn R and step R to R (&)
7&8 Point L to L (7), Step L next to R (&), Point R to R (8)

[9-16] Chainé to R, Diamond fallaway, Syncopated walks backwards

9&10 ¼ turn R and step R FW (9), ¼ turn R and step L next to R (&), ½ turn R and step R to R (10)
11&12 Cross L in front of R (11), Step R to R (&), Cross L behind R (12)
13&14& 1/8 turn L and step R BW into diagonal (13), 1/8 turn L and step L to L (&), Step R FW (14), Recover weight onto L (&)
15&16 Step R BW (15), Step L BW (&), Step R BW (16)

[17-24] Mambo-Turn, Side-Cross-Side, Step touches (/Swivels), Chassé

17&18 Step L BW (17), Recover weight onto R (&), Step L FW then ¼ turn R (weight still on L) (18)
19&20 Step R to R (19), Cross L in front of R (&), Step R to R (20)
21&22& Step L to L (turn toes to L) (21), Touch R next to L (turn toes to front)(&), Step R to R (turn toes to R) (22), Touch L next to R (turn toes to front) (&)
23&24 Step L to L (23), Step R next to L (&), Step L to L and 1/8 turn L (24)

[25-32] Kick ball press, Hip Bumps, Syncopated rock steps, Chainé to L

25&26 Kick R FW (into diagonal) (25), Step R next to L (&), Step L FW with weight on ball of L foot (into diagonal) (26)
27&28 Hip bump to R (27), Hip bump to L (&), Hip bump to R and weight onto R (28)
29&30& 1/8 turn L and step L to L (29), Recover weight onto R (&), Cross L in front of R (30), Recover weight onto R (&)
31&32 ¼ turn L and step L FW (31), ¼ turn L and step R next to L (&), ¾ turn L and step L FW (32)

Restart: after 8 counts at 4th wall.

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