

Drop It Down

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Shane McKeever (N.IRE) - 24 February 2024
音乐: Down - Jason Derulo & David Guetta



Intro: 16 Counts, on the lyrics at approx. 10 seconds

Note: 8 count Tag after Wall 2 and Wall 5, Restart on Wall 3 after 16 counts

[1 – 8] Back, Back Mambo, ¼ Turn Hitch, Out Out with Hip Rolls, Rolling Vine

1, 2&3 Step R back (1), Rock L back (2), Recover on to R (&), Step L forward (3) 12:00
4 Making ¼ Turn L Hitch R knee (4) 9:00
5, 6 Step R out rolling hip to R (5), Step L out rolling hip to L (6) 9:00
7, 8 ¼ Turn R Stepping R forward (7), ½ Turn R stepping L back (8) 6:00

[9 – 16] ¼ Turn with Slide, Hold, Ball Cross, ¼ Turn Step Forward, Ball Cross, ¼ Turn Step Forward, Ball Rock Forward, Recover

1, 2 ¼ Turn R sliding R to R (1), Hold (2) 9:00
&3, 4 Step ball of L next to R (&), Cross R over L (3), Making ¼ L Step L forward (4) 6:00
&5, 6 Step ball of R next to L (&), Making 1/4 Turn L Cross L over R (5), Making ¼ R Step R forward (6) 6:00
&7, 8 Step ball of L next to R (&), Rock R forward (7), Recover on to L (8) 6:00

Note: Restart on Wall 3

[17 – 24] ¼ Turn Side with Click, Sailor x2, Sweep back x2

1, 2 ¼ Turn R Stepping R to R (1), Point L to L Clicking R hand to R (2) 9:00
3&4 Cross L behind R (3), Rock R to R (&), Recover weight on to L (4) 9:00
5&6 Cross R behind L (5), Rock L to L (&), Recover weight on to R (6) 9:00
7, 8 Step back on L sweeping R from front to back (7), Step back on R sweeping L from Front to back (8) 9:00

[25 – 32] Sit Back with Knee Pop, Recover, Triple forward, Rock Forward, Recover, Full turn

1, 2 Rock and sit back on L popping R knee (1), Recover on to R (2) 9:00
3&4 Step L forward (3), Step R next to L (&), Step L forward (4) 9:00
5, 6 Rock R forward (5), Recover on to L (6) 9:00
7, 8 Making ½ Turn R step R forward (7), Making ½ Turn R step L back (8) 9:00

Tag

[1 - 8] 4 Camel Walks Back, Side with 4 Descending Side Body Rolls

1, 2 Step Back on R popping L knee, Step back on L popping R knee 6:00
3, 4 Step Back on R popping L knee, Step back on L popping R knee 6:00
5, 6 Step R to R rolling body to R diagonal, Roll body to L bending L knee 6:00
7, 8 Roll body to R bending R knee, Roll body to L diagonal 6:00

Last Update: 26 Feb 2024