

GOIN DOWN N da O.NE

COPPER KNOB
BY STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Nicky Thomas (USA) - December 2024
音乐: How's It Goin' Down - DMX : (Clean Version)



I believe soul dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, and making strong muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

The dance starts 16 counts after the singing starts.

STARTING AT 12:00 QTR TURN LEFT, , REVERSE TO GRAPEVINE RIGHT AT 12:00 ENDING AT 3:00

1 2 Immediately quarter turn left and step on right bounce for 2 facing 3:00
3 4 Step on left and pivot half turn right to face 9:00
5 6 Step on left bounce for 2 facing 9:00
7 8 Step on right and pivot quarter turn left to face 12:00

SINGLE, SINGLE, DOUBLE RIGHT THEN LEFT AT 12:00

1 2 3 4 Step right together, left together, right together, right together
5 6 7 8 Step left together, right together, left together, left together

"TIK" STEPS AT 12:00 PIVOT HALF TURN RIGHT, SAILOR OUT

1&2& Step forward on right, lift back foot (tapping back of right foot), back on left, recover on right
3&4& Step forward on left, lift back foot (tapping back of left foot), back on right, recover on left
5&6 Place left foot behind, make half turn right (can be pivot just on left) to face 6:00
7&8 Right sailor end right foot out facing 6:00

POINTS, TRIPLE STEP BACKWARDS QUARTER TURN, TAPS, BACKWARD HALF TURN

1 2 3&4 Point right foot left in front, back to right, make quarter turn right on right, left, right face 3:00
5 6 7&8 Tap left foot front, to side, make quarter

REPEAT DANCE STARTING AT 9:00 ENDING AT 6:00

REPEAT DANCE STARTING AT 6:00 ENDING AT 3:00

REPEAT DANCE STARTING AT 3:00 ENDING AT 12:00...CONTINUE ALL OF ABOVE TILL MUSIC ENDS

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com