

# Take Me Down

拍数: 40      墙数: 4      级数: Beginner west coast swing  
编舞者: Gerald Biggs (USA)  
音乐: Take Me Down - Alabama



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## VINE RIGHT, SHUFFLE IN PLACE, VINE LEFT, SHUFFLE IN PLACE

1-2            Right to side, left behind  
3&4           Right to side, shuffle in place left, right  
5-6            Left to side, right behind  
7&8            Left to side, shuffle in place right, left

## ROCK STEP, COASTER STEP, ROCK STEP, COASTER STEP

1-2            Rock forward on right, rock back on left  
3&4            Step back on right, left next to right, step forward on right  
5-6            Rock forward on left, rock back on right  
7&8            Step back on left, right next to left, step forward on left

## STEP FORWARD RIGHT, LEFT, SAILOR SHUFFLE, STEP FORWARD LEFT, RIGHT, SAILOR SHUFFLE

1-2            Step forward right, left  
3&4            Step right behind left heel, step left (slightly) to side, bring right next to left (shift weight to right)  
5-6            Step forward left, right  
7&8            Step left behind right heel, step right (slightly) to side, bring left next to right (shift weight to left)

## ½ TURN LEFT, COASTER STEP, ½ TURN LEFT, COASTER STEP

1-2            Step forward on right, pivot ½ turn left  
3&4            Step back on left, right next to left, step forward on left  
5-6            Step forward on right, pivot ½ turn left  
7&8            Step back on left, right next to left, step forward on left

## DOUBLE JAZZ BOX, ¼ TURN RIGHT

1-2            Step right over left, step back on left  
3-4            Step right to side, left next to right (weight on left)  
5-6            Step right over left, step back on left  
7-8            Step right to side while turning ¼ turn right, left next right while shifting weight to left

**REPEAT**

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