

Goin' Down

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Simon Ward (AUS)
音乐: Down By The Lazy River - The Osmond Brothers



- 1-2&3 Step right forward, shuffle very slightly forward bending knees slightly left, right, left
4-5&6 Step right forward, shuffle very slightly forward bending knees slightly left, right, left
7-8 Step right forward, pivot ½ turn left taking weight onto left foot
- 1-2 Step right forward, pivot ¼ turn taking weight onto left
3-4 Cross/step right over left, step left to left side turning ½ turn right
5-6 Complete ½ turn right by stepping right to right side and place right arm at 45 degrees left, place right arm at 45 degrees right
7-8 Point right arm to right, do like a "come here" motion right hand and raise right leg
Arm movements are meant to go in time to music, basically bringing right arm from left to right
- 1-2 Cross/step right over left, step left to left side
3&4 Touch right toe slightly to right, step ball of right down beside left, cross/step left over right
5-6 Step right to right side turning ¼ turn left, step left back turning ¼ turn left
7-8 Cross/rock right over left, replace weight onto left
- 1-2 Step right to right, turn a full turn right on ball of right foot
3-4 Touch left to left side, hold
&5-6 Step left beside right, touch right to right side, raise right knee across left
7-8 Touch right to right side, pivot ¼ turn right slightly bending right knee leaving right foot in place begin again

REPEAT

TAG

At the end of wall 3 you will add 4 counts:

- 1-2 Step right forward, step left slightly to left (feet apart)
3 Put your hands behind your head
4 Do a pelvic push

RESTART

At the end of the 5th wall you will restart after count 12 (though you will not do the ½ turn right, replace with ¼ turn right)
