

# Down Boy

**COPPER KNOB**  
STEPSHEETS

拍数: 0      墙数: 2      级数: Intermediate  
编舞者: Kim Swan (UK)  
音乐: Down Boy - Holly Valance



Sequence: AA, BB, AA, BB, AA, BB, AA (End Of Dance)

## PART A

### ROCK FORWARD AND BACK, CROSS, UNWIND, BODY ROLL

- 1-2      Rock forward onto right, recover weight onto left
- 3-4      Rock back onto right, recover weight onto left
- 5-6      Cross right over left, unwind making  $\frac{1}{2}$  turn to left
- 7-8      Two count body roll from knees up, start with bending both knees and rolling up

### BUMP HIPS FORWARD TO RIGHT, BUMP HIPS FORWARD TO LEFT

- 1-4      Step forward on right, bumping hips right, left, right
- 5-8      Step forward on left, bumping hips left, right, left

### $\frac{1}{4}$ TURN JAZZ BOX, SHIMMY TO RIGHT

- 1-2      Cross right over left, step back on left
- 3-4      Step right to right side making  $\frac{1}{4}$  turn right, step left in place
- 5-7      Large step right to right side, shimmying shoulders (over 3 counts),
- 8      Step left next to right

### SHIMMY TO RIGHT, ROLLING FULL TURN LEFT

- 1-3      Large step right to right side, shimmying shoulders (over 3 counts)
- 4      Touch left next to right
- 5-6      Step left  $\frac{1}{4}$  turn left, on ball of left make  $\frac{1}{2}$  turn left stepping back on right
- 7-8      On ball of right make  $\frac{1}{4}$  turn left, stepping left to left side, touch right beside left

## PART B

### SCOOT, SCOOT, TRIPLE STEP, SCOOT, SCOOT, TRIPLE STEP

- 1-2      Scoot (or hop) backwards twice on left with right knee hitched
- 3&4      Triple step in place, stepping right, left, right
- 5-6      Scoot (or hop) backwards twice on right with left knee hitched
- 7&8      Triple step in place, stepping left, right, left

### ROCK, RECOVER, TRIPLE $\frac{1}{2}$ TURN, ROCK, RECOVER, COASTER

- 1-2      Rock forward on right, recover weight onto left
- 3&4      Triple step making  $\frac{1}{2}$  turn right, stepping right, left, right
- 5-6      Rock forward on left, recover weight onto right
- 7&8      Step back on left, step right in place, step forward on left

### CROSS, $\frac{1}{4}$ TURN RIGHT, RIGHT SHUFFLE BACK, CROSS, STEP, SAILOR

- 1-2      Cross right over left, step left to left side making  $\frac{1}{4}$  turn right
- 3&4      Right shuffle back, stepping right, left, right
- 5-6      Cross left over right, step right to right side
- 7&      With body turning slightly to left, step left behind right, step right to right,
- 8      Step left in place

### CROSS, STEP, SAILOR, JUMP FORWARD, BODY ROLL

- 1-2      Cross right over left, step left to left side

3&	With body turning slightly to right, step right behind left, step left to left,
4	Step right in place
5-6	Jump forward left, right
7&8	Body roll for two counts

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