

# The Downlo

拍数: 32      墙数: 4      级数: Improver  
编舞者: Pepper Siquieros (USA) - May 2008  
音乐: Good Life - Blackstreet



## Or Music:

Freak Of Nature by Anastacia [Freak Of Nature]

Look At Me Now by Sixwire [101 bpm / Sixwire]

## PRESS, KICK, RIGHT COASTER STEP, ROCKS FORWARD & BACK

- 1-2      Rock weight forward on ball of right, recover back onto left kicking right forward
- 3&4      Step back on right, step left next to right, step forward on right
- 5&      Rock forward on left, recover to right
- 6&      Rock back on left, recover on right
- 7&      Rock forward on left, recover to right
- 8      Step left next to right

## ¼ TURN BUMP & BUMP, ¼ TURN SHUFFLE FORWARD; REPEAT

- 1&2      Step right into ¼ turn left and bump hips right, center, right
- 3&4      Turn ¼ turn left and shuffle forward with attitude
- 5-8      Repeat counts 1-4 (end facing 12:00 weight on left)

## MAKE 1 ½ TURNS TO RIGHT, BEND DOWN-DOWN-UP & TURN ½

- 1-4      Step right ¼ turn to right, step left ½ turn to right, step right ½ turn to right, step left ¼ turn right (feet shoulder width)
- 5-7      Bend knees and bump hips to right (right hand on back of right hip-left hand rests on left thigh), bend knees lower and bump hips to left, come up a little and bump hips to right (weight on right facing 6:00)
- &8      Jump up into ½ turn to right stepping on left, touch right next to left (facing 12:00)

## "V" STEP, COASTER STEP, 1 ½ ROLLING VINE LEFT, SCOOT-SCOOT

- 1-2      Step right forward and slightly to right side, step left forward and slightly to left. Styling: push hips forward with attitude with each step
- 3&4      Step straight back on right, step left next to right, step forward on right
- 5-7      Step left to left side into ¼ left, make ½ turn left onto right, make ½ turn left onto left (facing 9:00)
- &8      Keeping weight on left hitch right knee up slightly and scoot forward on left, repeat scoot lifting right knee up a little higher (facing 9:00)

## REPEAT