

Down

拍數: 32 牆數: 4 級數: Easy Intermediate NC2S
編舞者: Marion Huby (FR) & Kevin Stouthandel (NL) - May 2016
音樂: Down - Jason Walker



Intro: 16 counts (approx. 20 seconds)

[1-8&] □ Basic R, ¼ turn R, ½ turn R, ½ turn R, ¼ turn R, Sweep L, Cross L, Step side R, Cross with sweep R, Cross R, ¼ turn L □

1-2& Step R on R (1), Step L next to R (2), Cross R in front of R (&) □ 12:00

3-4& ¼ turn R stepping L backwards (3), ½ turn R stepping R forward (4), ½ turn R stepping L backwards (&) □ 3:00

5 ¼ turn R stepping R to R with sweep L (5) □ 6:00

OPTION: □ ½ turn R, Side R, Cross L, Side R, Cross with Sweep R □

3-4& ¼ turn R stepping L backwards (3), ¼ turn R stepping R to R (4), Cross R over L (&) □ 3:00

5 Step R to R with sweep L (5) □ 6:00

6&7 Cross L in front of R (6), Step R on R (&), Step L behind with a sweep R backwards (7) □ 6:00

8& Cross R behind L (8), ¼ turn L stepping L forward (&) □ 3:00

[9-16&] □ Rocking chair syncopated R, Step Lock Step R, Step L, ½ turn R, Step L, Step R □

1&2& Rock R forward (1), Recover on L (&), Rock R backward (2), Recover on L (&) □ 3:00

3&4 Step R forward (3), Cross L behind R (&), Step R forward (4) □ 3:00

5-6 Step L forward (5), start ½ turn R (6) □ 9:00

7-8& End ½ turn R stepping R forward (7) Step L forward (8), Step R next to L (&)* □ 9:00

TAG + RESTART: The Tag + Restart is in wall 3 and 7, replace count 5-8& for: □

5-6 Step forward (5), ½ turn R stepping R forward

7-8& Step L forward (&), Step R forward (8), Recover weight on L (&) Restart dance

[17-24&] □ Point L, Go down, Go up, Syncopated Rock, Step backwards, ¼ turn R, Sway R-L-R, □

1-2-3 ¼ turn R, Point L to L going down (1), Keep going down (2), Go up and drag L next to R going up (3) □ 12:00

4&5 Rock L forward (4), Recover on R (&), Step L backward (5) □ 12:00

6-7-8 ¼ turn R stepping R to R with a sway R (5), Sway L (6), Sway R (7) □ 3:00

[25-32&] □ ¼ turn L, ¼ turn L, Sway R-L-R, Sailor Step ½ turn L, Sweep R, Jazz box syncopated, Cross L □

1 ¼ turn L stepping L forward (1) □ 12:00

2-3-4 ¼ turn to L stepping R to R with a sway R (2), Sway L (3), Sway R (4) □ 9:00

5&6 L behind R (5), ½ turn with step R to the right (&), Step L to the left with sweep R forward (6) □ 3:00

7&8& Cross R in front of L (7), Step L backward (&), Step R on R (8), Cross L in front of R (&) □ 3:00

TAG 2: After wall 6 there is an 8 count Tag:

[1-8] □ Basic R, Sweep R with ¼ turn L, Cross, Side, Step, Sweep L Backward, Cross, Step, Step Forward, ¼ turn L □

1-2& Step R on R (1), Step L next to R (2), Cross R in front of L (&)

3-4& ¼ turn L stepping L forward with a sweep R forward (3), Cross R in front of L (4), Step L to L (&)

5-6& Step R backward with sweep L backward (5), Cross L behind R (6), Step R on R (&)

7-8& Step L forward (7), Step R forward and unwind ¾ turn to L (8&) Keep weight on L

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