

Down

拍數: 64 牆數: 2 級數: Advanced
編舞者: Maria Maag (DK) - January 2017
音樂: Down - Ida Corr : (Single - iTunes)



Intro: □ 32 counts from the first beat in music (approx. 23 sec. in music)
Phrasing: A,A, B,C,B, A,A, B,C,B, B,C,C Ending 3 counts.

Ending: □ After the last Tag, music stops (facing 06:00) hold for 2 counts, then ½ turn L on L step R to R looking down (count 3).....The End

Section A (Happens 4 times in the dance, on wall 1, 2, 6, 7)

A[1 – 8] □ Side rock back rock R, side step touch point touch, side rock L recover R, behind ¼ step R together. □

1&2& Rock R to side (1), recover L (&), rock back R (2), recover L (&) □ 12:00
3&4& Step R to side (3), touch L next to R (&), point L to side (4), touch L next to R (&) □ 12:00
5-6 Rock L to L (5), recover R (6) □ 12:00
7-8& Cross L behind R (7), turn ¼ R stepping down R (8), step L next to R (&) □ 03:00

A[9 – 16] □ Touch R fw. step back, point L to side step back, point R to side step back, touch L fw. step back, rock back R recover ¼ R onto L, behind side touch □

1&2& Touch R fw. (1), step R back (&), point L to L (2), step L back (&) □ 03:00
3&4& Point R to R (3), step R back (&), touch L fw. (4), step back L (&) □ 03:00
5-6 Rock back R (5), recover ¼ R (weight ends on L) (6) □ 06:00
7-8& Cross R behind L (7), step L to L (8), touch R next to L (&) □ 06:00

Section B (Happens 5 times in the dance, on wall 3, 5, 8, 10, 11) □ □

B[1 – 8] □ Step R diagonally back R flex L foot, step L together, 1/8 turn R and side rock cross ¼ turn R, ½ turn R sweep L step down, mambo fw. R point back R □

1-2 Step R diagonally back R and flex L foot (1), step L next to R (2) □ 10:30
3&4& Rock R to R (3), recover L (&), turn 1/8 R crossing R over L (4), turn ¼ R stepping back L (&) □ 03:00
5-6 Turn ½ R on L stepping down R sweeping L fw. (5), step fw. L (6) □ 09:00
7&8& Rock fw. R (7), recover L (&), point R back (8), hitch R knee (&) □ 09:00

B[9 – 16] □ Touch R back with body roll ¼ R point L, triple ½ L sweep R, walk fw. R, walk fw L, step ½ turn L step ¼ turn L □

1&2& Touch R back and turn ¼ R starting body roll from head (1), continue body roll down to hip (&) hip bump R to R (2), point L to L (&) □ 12:00
3&4 Turn ¼ L stepping down L (3), step R next to L (&), turn ¼ L stepping down L and sweep R fw. (4) □ 06:00
5-6 Walk fw. R (5), walk fw. L (6) □ 06:00
7&8& Step fw. R (7) turn ½ L stepping down L (&), step fw. R (8), turn ¼ L stepping down L (&) □ 09:00

B[17 – 24] □ Step ¼ turn L with hip roll and touch L, kick ball cross side close R behind L, heel turn ½ R, fw. L fw. R ¼ L together □

1-2 Step fw. R and turn ¼ L on R with hip roll (1), touch L diagonally down L (upper body facing 6:00)(2) □ 06:00
3&4& Kick fw. L (3), step down L (&), cross R over L (4), step L to L (&) □ 06:00
5-6 Close R behind L (5), turn ½ R on both heels (weight ends on R)(6) □ 12:00
7&8 Step fw. L (7), step fw. R (&), turn ¼ L and step L next to R (weights on L) (8) □ 09:00

B[25 – 32] □ Cross side Swivel R in Recover R, back rock L, recover R, turn ¼ L, turn ¼ R, reverse ¼ L

sweep R fw. jazz box R and cross

- 1&2& Cross R over L (1), step L to L (&), swivel R heel L (2), swivel R back to center (&) □09:00
3&4 Rock back L (3), recover R (&), Turn ¼ L stepping down L (4)□06:00
5-6 Turn ¼ R stepping down R (5), turn ¼ L stepping down L and sweep R fw. (6)□06:00
7&8& Cross R over L (7), step back L (&), step R to R (8), cross L over R (&)□06:00

Section C (Happens 4 times in the dance after wall 4, 9, 12, 13)

C[1 – 8]□Side step R and down (both arms down) swivel 1/8 turn L and hitch L knee (throw R arm L), step diagonal fw. L (bend both elbows) tilt upper body R pop L knee (arm follows) recover L, ball big step L fw. together R, point L to L together point R to R together □

- 1-2 Step R to R and bend knees (both feet pointing towards R diagonal) (punch both arms down with flexed hands) (1), swivel R heel to R and hitch L knee (throw R arm in front of you and to the L) (2)□10:30
3&4 Step L diagonally fw. L (bend both elbows in front of your chest with palm facing down and clenched fist touching each other) (3), tilt upper body R and pop L knee (tilt R elbow down R) (&), recover L stepping down L (weight ends on L) (4)□10:30
&5-6 Step R next to L (&), big step fw. L (5), step R next to L (weight ends on R) (6)□10:30
7&8& Point L to L (7), step L next to R (&), point R to R (8), step R next to L (weight ends on R) (&)□10:30

C[9 – 16]□1/8 L press step down L bend L knee (both arms down) recover R hitch L (bend both elbows), kick ball L touch R behind L (throw arms fw. around and down L) rock R to R recover L and hitch ½ turn R, side R touch L side L touch R□

- 1-2 Turn 1/8 L press step down L bend L knee (punch both arms down with flexed hands) (1), recover R and hitch L (bend both elbows in front of your chest crossing each other, palm facing down) (2)□10:30
3&4 Kick L fw.(throw arms fw.) (3), step L to L (arms around in front of you) (&), touch R behind L (point fingers L) (4)□09:00
5-6 Rock R to R and flex L heel (prep L) (5), recover L with a ½ turn R on L and hitch R (6)□03:00
7&8& Step R to R (7), touch L next to R (&), turn ¼ R stepping L to L (8), touch R next to L (&)□06:00

Enjoy...:-)

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