

Down

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jérôme VERGOIN (FR) - August 2017
音樂: Down (feat. Gucci Mane) - Fifth Harmony



Intro: 8 Counts - Sequence: 32-16-32-32-32-32-16-32-32

S1: OUT-OUT-IN-IN TOE STRUTS, R CHASSE, SAILOR L ¼ TURN

&1&2 RF Point R diagonally Fwd, Drop Heel, LF Point L diagonally Fwd, Drop L Heel.
&3&4 RF Point to center, Drop R Heel, LF Point next RF, Drop L Heel.
5&6 Chasse to the R : RF to R, LF next RF, RF to the R.
7&8 LF cross behind RF, L ¼ turn RF back, LF in place. (9.00)

S2: DIAGONALY FUNKY STEPS R-L, STEP L ½ TURN X2

1&2 Upper body slightly turn face 7.30 RF to the R with knee split, LF next RF knees tighten, RF to the R with Knee split.
3&4 R ¼ turn face 10.30 LF to the L with knee split, RF next LF knees tighten, LF to the L with knee split.

For the style hands are front of chest, elbows at same level. Pull both shoulders back in the same time opening knees.

Return to the original position when you gather both knees

5-6 Square face 9.00 RF Fwd, L ½ Turn LF Fwd. (3.00)
7-8 RF Fwd, L ½ Turn LF Fwd. (9.00)

Restart here wall 2 & 7

S3: TRIPLE FWD, MAMBO FWD, COASTER FLICK, TRIPLE ½ TURN

1&2 Triple Fwd RF, LF, RF.
3&4 Rock LF Fwd, Recover, LF next RF.
5&6 RF Back, LF next RF, Flick RF Behind.
7&8 RF Fwd, L ½ Turn LF in place, RF Fwd. (3.00)

S4: TRIPLE FULL TURN, POINT SWITCH, CROSS, L ¼ TURN BACK, STEP, STEP L ¼ TURN

1&2 R ½ Turn LF Back, R ½ Turn RF Fwd, LF Fwd. (3.00)
3&4 RF Touch R Side, RF next LF, LF Touch L Side.
5&6 LF Cross over RF, L ¼ Turn RF Back, LF Fwd. (12.00)
7-8 RF Fwd, L ¼ Turn LF Fwd. (9.00)

Keep smile Do it again

Contact : jeromeoutlaw@gmail.com