

I Go Down

拍數: 32 牆數: 4 級數: Beginner - Bar Dance 2Step
編舞者: Nancy Morgan (USA) - January 2019
音樂: Down to the Honkytonk - Jake Owen



Begin: When he starts to sing – 16 counts in

Non-Country: Come Baby Come by K7; Begin after 16 counts on the hard beat

RIGHT TOE-HEEL, STOMP, SWIVEL TOES IN-OUT-IN, REPEAT WITH LEFT

- 1&2 Touch Right toe in toward Left instep, Brush Right heel forward, stomp with toes pointing towards 1:00
3&4 Move Right toes in toward 12:00, back out to 1:00, back to 12:00 shifting weight to Right
5&6 Touch Left toe in toward Right instep, Brush Left heel forward, stomp with toes pointing towards 11:00
7&8 Move Left toes in toward 12:00, back out to 11:00, back to 12:00 weight remains on Right

STEP BACK LEFT, RIGHT, RIGHT HEEL SWIVEL IN-BACK, LEFT HEEL SWIVEL IN-BACK, HEEL, TOE, HEEL, HEEL AND HEEL AND

- 1,2 Step back on Left, step back on Right shoulder width apart from Left
&3&4 Swivel Right heel in and back out, Swivel Left heel in and back out
5&6 Swivel both heels in towards center, then toes, then heels
7&8& Tap Right heel forward, step Right next to Left, Tap Left heel forward, step Left next to Right

STEP, SLIDE, HEEL OUT AND HEEL OUT, RIGHT HEEL, CROSS, RIGHT HEEL, OUT, HEEL, HITCH, STOMP

- 1,2 Step Right foot forward, slide Left next to Right
3&4& Swivel Right heel out and return, swivel Left heel out and return
5& Tap Right heel forward, Lift Right foot off of ground as you cross Right over Left
6& Tap Right heel forward, Lift Right foot off of ground as you bring Right heel out to Right side
7&8 Tap Right heel forward, Bring Right knee up like a Hitch as you step back on Right

LEFT HEEL, CROSS, HEEL, OUT, HEEL, HITCH, STOMP, ROCK BACK RIGHT, STEP, QUARTER TURN, STOMP, CLAP

- 1& Tap Left heel forward, Lift Left foot off of ground as you cross Left over Right
2& Tap Left heel forward, Lift Left foot off of ground as you bring Left heel out to Left side
3&4 Tap Left heel forward, Bring Left knee up like a Hitch as you step back on Left
5& Rock back on your Right and forward on Left
6& Step forward on Right, Pivot ¼ turn to Left (weight is on Left)
7,8 Stomp Right next to Left, Clap

BEGIN AGAIN!