

Tie Me Down

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - June 2019
音樂: Tie Me Down - Gryffin & Elley Duhé : (iTunes)



(Intro: 16 counts)

[S1] Side-Behind-1/4R, Side-Behind-1/4L, Side, Behind-1/4R-Fwd-1/2R, Shuffle Fwd

1&2 Step R to right, Step L behind R, Make a ¼ turn right stepping forward on R (3:00)
&3&4 Step L to left, Step R behind L, Make a ¼ turn left stepping forward on L, Step R to right (12:00)
5&6& Step L behind R, Make a ¼ turn right stepping forward on R, Step forward on L, Make a ½ turn right weight ends on L (9:00)
7&8 Shuffle forward R-L-R

[S2] Side-Flick-Side Rock, Behind-1/4L-Fwd, Syncopated Pivots, L Chasse

1& Step L to left, Flick R behind left foot
2& Rock/step R to right, Recover weight on L
3&4 Step R behind L, Make a ¼ turn left stepping forward on L, Step forward on R (6:00)
5&6& Step forward on L, Make a ½ turn right recover weight on R, Step forward on L, Make a ½ turn right recover weight on R
7&8 L side chasée L-R-L**

[S3] Elvis Knee RL-RR, 2x Sailor Step Back

1& Pop R knee in, Recover to the centre
2& Pop L knee in, Recover to the centre
3&4 Pop R knee in, Recover to the centre, Pop R knee forward in weight ends on L
5&6 Step R behind L, Step R to the side, Step R to the side (travelling backwards)
7&8 Step L behind R, Step R to the side, Step L to the side (travelling backwards)

[S4] Hop Back w/Sweep 1/2L-Back, Hop Back w/Sweep 1/2L-Back, Hop Back w/Sweep into 1/4L Back Rock, Step-Pivot 1/4R-Cross

1 2 Hop/step back on R and make a ½ turn left sweeping L around R, Step back on L (12:00)
3 4 Hop/step back on R and make a ½ turn left sweeping L around R, Step back on L (6:00)
5 6& Hop/step back on R and make a ¼ turn left sweeping L around R, Step back on L, Recover/step forward on R (3:00)
7&8 Step forward on L, Make a ¼ turn right recover weight on R, Cross L over R (6:00)

Restart on Wall 2 Count 16** (12:00) and Wall 6 Count 16** (12:00)

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 30/May/19)