

# Tear Me Down

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Maggie Gallagher (UK) - January 2020  
音樂: Tear Me Down (feat. Philip Rustad) - Davai : (iTunes, amazon)



Intro: 8 counts (4 secs)

## S1: WALK, ANCHOR STEP, ½, ¼, L SAILOR

1            Walk forward on left  
2&3        Lock right behind left, Step weight onto left, Step back on right  
4-5        ½ left stepping forward on left, ¼ left stepping right to right side [3:00]  
6&7        Step left behind right, Step right to right side, Step left to left side

## S2: TAP TAP KICK, R SAILOR, SWAY, SWAY, RUN RUN RUN/RISE

8&1        ¼ right on ball of left tapping right next to left, ¼ right on ball of left tapping right next to left, ¼ right on ball of left ronde kicking right from front to back [12:00]  
2&3        Step right behind left, Step left to left side, Step right to right side  
4-5        Sway left angling body to left diagonal, Sway right angling body to right diagonal  
6&7        ⅛ left running forward on left, ⅛ left running forward on right, Run forward on left rising up on ball of left hitching right knee [9:00]

## S3: CROSS BACK BACK/SIT, WALK, WALK, L LOCK STEP, SWEEP, TOUCH

8&1        Cross right over left, ⅛ right stepping back on left, Sit back on right bending knees [10:30]  
2-3        Walk forward on left, Walk forward on right  
4&5        Step forward on left, Lock right behind left, Step forward on left  
6-7        ⅛ left ronde sweeping right from back to front, Touch right in front of left [9:00]

## S4: SIDE ROCK CROSS, ¼, ¼, CROSS, ¼, ¼, CROSS, CROSS, SIDE ROCK TOGETHER

8&1        Rock right to right side, Recover on left, Cross right over left  
2&3        ¼ left stepping forward on left, ¼ left stepping right to right side, Cross left over right [3:00]  
4&5        ¼ right stepping forward on right, ¼ right stepping left to left side, Slightly cross right over left [9:00]  
6            Cross left over right  
7&8        Rock right to right side, Recover on left, Step right next to left

## S5: KICK CROSS BACK & STEP, ½ PIVOT, KICK CROSS BACK & STEP, ¼ PIVOT

1&2&      Kick left forward, Cross left over right, Step back on right, Step left to left side  
3-4        Step forward on right, ½ pivot left stepping forward on left [3:00]  
5&6&      Kick right forward, Cross right over left, Step back on left, Step right to right side  
7-8        Step forward on left, ¼ pivot right stepping right to right side [6:00]

## S6: CROSS, SIDE ROCK, CROSS, SIDE ROCK, WALK L-R-L-R

1-2&      Cross left over right, Rock right to right side, Recover on left  
3-4&      Cross right over left, Rock left to left side, Recover on right  
5-6        ¼ right walking forward on left, ¼ right walking forward on right [12:00]  
7-8        ¼ right walking forward on left, ¼ right walking forward on right [6:00]

**TAG: 16 count tag at the end of Wall 2 & Wall 4 facing [12:00]**

## KICK CROSS BACK & STEP, ½ PIVOT, KICK CROSS BACK & STEP, ½ PIVOT

1&2&      Kick left forward, Cross left over right, Step back on right, Step left to left side  
3-4        Step forward on right, ½ pivot left stepping forward on left [6:00]  
5&6&      Kick right forward, Cross right over left, Step back on left, Step right to right side  
7-8        Step forward on left, ½ pivot right stepping right to right side [12:00]

**CROSS, SIDE ROCK, CROSS, SIDE ROCK, WALK L-R-L-R**

- 1-2&            Cross left over right, Rock right to right side, Recover on left  
3-4&            Cross right over left, Rock left to left side, Recover on right  
5-6             ¼ right walking forward on left, ¼ right walking forward on right [12:00]  
7-8             ¼ right walking forward on left, ¼ right walking forward on right [6:00]

**Ending: Dance 16& counts of Wall 6 [4:30], step back on right, touch left behind right, unwind ¾ left stepping forward on left [12:00], then add right and left shoulder pops on the last two beats of the music.**

**This dance is dedicated to Sean and the girls in Calgary January 2020**

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