

Go Down

拍數: 48 牆數: 2 級數: Phrased Advanced
編舞者: Tim Johnson (UK) - June 2021
音樂: Go Down Deh (feat. Sean Paul & Shaggy) - Spice



Phrasing: A16, B, A16, Long tag, B, A, B, Small tag, A, B, A

A: 32 counts

[1-8] V Step, cross ¼ side together, side chest-bump together, 2 L Paddle turns

- 1& 2& 1)Step diagonally right on R heel, &)Step diagonally Left on L heel, 2)Step in place on R, &)Step in place on L
3& 4& 3)Cross R over L, &) ¼ turn right stepping back on L (3:00), 4)Step R to right side, &)Step L together
5,6 5)Step R to right side (chest bump twice over 5&), 6)Step L together
7& 8& 7) 1/8th Paddle turn left stepping R to the side, &)Step L in place, 8) 1/8th Paddle turn left stepping right to the side, &) Step L in place (12:00)

[9-16] R Side recover, weave with ¼ L, side touch, side chest-bump together, ¼ L shuffle

- 1& 2& 1)Rock R to right side, &)Recover weight to L, 2)Cross R over left, &)Step L to left side
3& 4& 3)Cross R behind L, &) ¼ turn left stepping fwd on L, 4)Step R to right side &)Touch L next to R (9:00)
5, 6 5)Step L to left side (chest bump twice over 5&), 6)Step R together
7&8 7) ¼ left stepping fwd on L, &)Step R next to L, 8)Step fwd on L (6:00)

*End of First half of A (A16)

[17-24] Side step touches on R, L, Rx2, L, R, Lx2 (With styling)

- 1& 2& 1)Step R to right side, &)Touch L next to R, 2)Step L to left side, &)Touch R next to L
3& 4& 3)Step R to right side, &)Step L next to R, 4)Step R to right side, &)Touch L next to R
5& 6& 5)Step L to left side, &)Touch R next to L, 6)Step R to right side, &)Touch L next to R
7&8 7)Step L to left side, &)Step R next to L, 8) Step L to left side

Styling: Open knees out to the sides when stepping to the side, bringing them in for the touch and lean your body in the direction you are stepping.

[25-32] Cross rock, Side rock, ¼ box to R, Walk L, R, Step pivot R ½ ¼ touch

- 1& 2& 1)Cross rock R over L, &)Recover on L, 2)Rock R to right side, &)Recover on L
3& 4 3)Cross R over L, &) ¼ turn right stepping back on L, 4)Step R to right side (3:00)
5 6 5)Walk fwd on L, 6)Walk fwd on R
7& 8& 7)Step fwd on L, &)Pivot ½ turn right stepping fwd on R, 8)Continue turning ¼ right stepping L to left side, &)Touch R next to L (12:00)

B: 16 counts

[1-8] R Side hip roll, Centre hip roll, L side hip roll, Centre hip roll

- 1, 2 1, 2)Step R to right side bending your knees to sit lower and Roll your hips twice
3, 4 3, 4)Step R next to L and roll your hips twice
5, 6 5, 6)Step L to left side bending your knees to sit lower and roll your hips twice
7, 8 7, 8)Step L next to R and roll your hips twice

[9-16] Diagonal Side step& R, L, Shimmy walk back R, L, R, ½ L

- 1,2& 1)Step Diagonally fwd on R (Bend your knees to dip into the side step), 2)Step L next to R, &)Step R next to L
3,4& 3)Step diagonally fwd on L (Bend your knees to dip into the side step), 4)Step R next to L, &)Step L next to R

5,6,7,8 5) Walk back on R, 6)Walk back on L, 7)Walk back on R, 8) ½ turn L stepping fwd on L
(Shimmy your hips walking back) (6:00)

Long Tag:

[1-8] (starts facing 6:00) Basic nightclub R, L, step, step pivot ½ walk L, R,

1, 2& 1)Step R Big step side right, 2)Rock back on L, &)Recover on R

3, 4& 3)Step L big step side left, 4)Rock back on R, &)Recover on L

5&6&7&8 5)Step fwd on R, 6)Step fwd on L, &) ½ pivot right on R, 7)Step fwd L, 8)Step fwd R (12:00)

[9-16] L fwd lock step, step pivot ½ ½ walk back L,R, side shimmy, step in place

1&2 1)Step fwd on L, &)Lock R behind L, 2)Step fwd on L

3&4 3)Step fwd on R, &) ½ pivot left on L, 4) ½ turn left stepping back on R (12:00)

5, 6 5)Walk back on L, 6)Walk back on R

7&8 7)Rock L to left side shimmying shoulders, &)Recover on R, 8)Step L in place

Small tag:

[1-4] (facing 6:00) V Step -Out out in in

1, 2 1)Step diagonally fwd on R, 2)Step diagonally fwd on L

3, 4 3)Step R in place, 4)Step L in place

END OF DANCE.

Have FUN - #SHAKETHEPEACH!

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