

Don't Look Down

拍數: 32 牆數: 4 級數: Beginner / Improver
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音樂: Don't Look Down - Drake Milligan : (EP Drake Milligan)



Notes: Start on the word DOWN. Please note there is a beginner and an Improver version (for beginners counts 25-32 are different please see below). Dance finishes facing front wall irrespective of which version you do.

[1-8] SIDE, TOGETHER, SHUFFLE FORWARD, FORWARD TOUCH, BACK, 1/2 TURN LEFT

1-2 Step R to right, Step L beside right [12]
3&4 Shuffle forward stepping R, L, R [12]
5-6 Step L forward, Touch R toes behind left [12]
7-8 Step R back (preparing to turn), Make 1/2 turn left stepping L forward [6]

[9-16] FORWARD, TOUCH, BACK, 1/4 RIGHT, FRONT, SIDE, BEHIND, SWEEP

1-2 Step R forward, Touch L toes behind right [6]
3-4 Step L back, Make 1/4 turn right stepping R to side [9]
5-8 Step L across right, step R to right, Step L behind right, Sweep R forward and around to back [9]

[17-24] BEHIND, SIDE, SHUFFLE FORWARD, STEP, 1/4 TURN RIGHT, CROSS SHUFFLE

1-2 Step R behind left, Step L to left [9]
3&4 Shuffle forward stepping R,L,R [9]
5-6 Step L forward, Make 1/4 turn right taking weight on R [12]
7&8 Step L across right, (&) Step R to right, Step L across right [12]

****RESTART Here during wall 5 facing 12 o'clock ****

[25-32] FULL TURN LEFT, CROSS, 1/2 TURN RIGHT, 1/4 TURN RIGHT, STEP FORWARD

1-2 Make 1/4 turn left stepping R back, 1/2 turn left stepping L forward [3]
3-4 Make 1/4 turn left and rock R to right, Recover weight on L [12]
5-6 Step R across left, Make 1/4 turn right stepping L back [3]
7-8 Make 1/2 turn right stepping R forward, Walk forward L [9]

(BEGINNER VERSION, because so many instructors I have spoken with have mixed ability classes, I thought it might be helpful to have an easier alternate. If you want you can simply substitute counts 25-32 with the following 8 counts and voila you have an easy floor split with a beginner and an improver dance...what's not to love?)

25-32 GRAPEVINE RIGHT, TOUCH, GRAPEVINE 1/4 TURN LEFT, TOUCH
1-4 Step R to right, Step L behind right, Step R to right, Touch L toes beside right [12]
5-8 Step L to left, Step R behind left, 1/4 turn left stepping L forward, touch R toes beside left [9]

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