

# Disco Down

COPPERKNOB  
BY STEPHEN HETS

拍數: 64      牆數: 2      級數: Advanced  
編舞者: Michael Lynn (UK) - May 2023  
音樂: Deep Down (feat. Never Dull) - Alok, Ella Eyre & Kenny Dope



(16 count intro, 125 bpm)

Phrasing: 64 64 64 64 Tag 64

## S1: SYNCOPATED JAZZ BOX, CROSS SHUFFLE, STEP-FLICK-LOOK, SLOW CROSS SHUFF

1-2&      Cross left over right, step right back, step left to left side  
3&4      Cross right over left, step left to left side, cross right over left  
5-6      Step left to left side, flick right toe behind left (look left and swing both arms to the left)  
7-8-1      Step right to right side, cross left over right, step right to right side

## S2: SAILOR 1/4 TURN, WALK KICK OUT OUT, HIP BUMPS

2&3      Cross left behind right, making 1/4 turn left step right beside left, step left in place (09:00)  
4      Step forward right  
5&6      Kick left forward, step left out and to left side, step right out to right side  
7&8      Bump hips - left, right, left

## S3: CROSS-BACK-SIDE, CROSS-1/4-1/4 - PIVOT 1/2 TURN, LOCKSTEP

1-2&      Cross right over left, step back left, step right to right side  
3-4&      Cross left over right, 1/4 turn left stepping back right, 1/4 turn left stepping forward left (03:00)  
5-6      Step forward right, pivot 1/2 turn left (09:00)  
7&8      Step forward right, lock left behind right, step forward right

## S4: ROCK RECOVER, 1/2 TURN, ROCK RECOVER, 1/4 TURN, FULL TURN

1-2-3      Rock forward left, recover right, 1/2 turn left stepping forward left (03:00)  
4-5-6      Rock forward right, recover left, 1/4 turn right stepping forward right (06:00)  
7-8 1      1/2 turn right stepping back on left, 1/2 turn right stepping forward right

## S5: HEEL GRIND, BALLCROSS-KICKCLICK, BALLCROSS-1/4 HITCHCLICK, OUT-OUT/IN-IN STEP

1-2      Touch left heel forward grinding left heel from right to left, step right to right side  
&3-4      Step left beside right, cross right over left, low kick left toe to left diagonal  
(Arms)\_\_\_\_\_ Start this motion with the palm of your hand against the outside of each matching thigh.  
As you low kick on count 4, lift your right shoulder & lower the left as you click your fingers to the ground  
&5-6      Step left beside right, cross right over left, 1/4 turn left as you hitch the left (03:00)  
(Arms)\_\_\_\_\_ As you 1/4 hitch on count 6, throw your arms out to the sides at waist height (palms are facing upwards and click you fingers  
&7&8&      Step left out, step right out, step left back and in, step right beside left, step forward left

## S6: PIVOT 1/2 TURN, LOCKSTEP 1/2 TURN, CAMEL WALKS BACK, COASTER STEP

1-2      Step forward right, pivot 1/2 turn left (weight left) (09:00)  
3&4      1/4 turn left stepping right to right side, lock left over right, 1/4 turn left step back right (03:00)  
5-6      Step back left and pop right knee, step back right and pop left knee  
7&8      Step back left, step right beside left, step forward left

## S7: STEP-PIVOT 1/4 TURN, SWIVET-CROSS-SIDE, SWIVET-CROSS-TOUCH

1-2      Step forward right, 1/4 pivot left (12:00)  
&3      Weight on right heel and left toe, swivel both toes to right (&), return feet to centre (3)  
4-5      Cross left over right, step right to right side, weight on right heel and left toe,

&6 Swivel both toes to right (&), return feet to centre (6)  
7-8 Cross left over right, touch right toe to right side

**S8: MONTEREY, SIDE-MAMBO CROSS, STEP-ROCK RECOVER, SIDE-TOUCH UNWIND 1/2 TURN**

1 Full turn right stepping right next to left (weight right) (12:00)  
2&3 Rock left to left side, recover right, cross left over right  
4-5-6 Step right to right side, rock left behind right, recover right  
&7-8 Small step left to left side, touch right toe behind left, unwind 1/2 turn right (weight right)  
(06:00)

**TAG\* Wall 4 you'll start the dance facing the back, after 64 counts (facing front), add 4 count tag.**

**TAG\***

**OUT, OUT, DISCO CLICK**

1-2 Step left out, step right out (keeping weight right)  
3-4 Reach both arms forward while pushing your bum out, pull arms inwards either side of hips  
while pushing your bottom in & click fingers.

**Wall 4 you'll start the dance facing the back, dance 64 counts which will bring you back to the front, add 4 count tag.**

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